

# LEXINGTON RECREATION AND COMMUNITY PROGRAMS



## FALL 2016 PROGRAM BROCHURE



### **Town of Lexington Recreation and Community Programs Department**

Lexington Community Center, 39 Marrett Road, Lexington, MA 02421 (main office)

1625 Massachusetts Avenue, Lexington, MA 02420 (mailing address)

Office: (781) 698-4800      Fax: (781) 861-2747

Cancellation Line: (781) 698-4810

Email: [recdept@lexingtonma.gov](mailto:recdept@lexingtonma.gov)

Website: [www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs)



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**<https://www.facebook.com/lexreccommunitycenter>**



**Registration Begins on Monday, August 29, 2016**



## GENERAL INFORMATION

### Mission Statement

The Lexington Recreation and Community Programs Department strives to provide affordable, quality programs meeting the needs of the community. We are committed to providing active and passive leisure opportunities that are educational, fun and life-enriching. The Department promotes participation by all Lexington residents in safe, accessible, and well-maintained facilities.

#### Recreation Committee

Rick DeAngelis, Chair  
Lisah Rhodes, Vice Chair  
Sandra Shaw  
Ruixi Yuan  
Jason Denoncourt

#### Recreation and Community Programs Full-Time Staff

Karen Simmons, CPRP — Director of Recreation and Community Programs  
Peter Coleman, CPRP, CPSI — Assistant Director of Recreation  
Tyler Radicioni — Recreation Supervisor  
Donna Dutton — Financial Administrative Assistant  
Cherie Robinson — Department Clerk  
Sheila Butts — Community Center Director  
Thomas Romano — Youth and Family Program Coordinator  
Melinda Spencer — Community Center Office Manager

### Enterprise Fund

The department has operated as an Enterprise Fund since 1991. Recreation programs are self-supported by setting fees to cover all expenses. The Director of Recreation and Community Programs, through the Recreation Committee, sets fees with the approval of the Board of Selectmen. The Recreation and Community Programs operating budget supports staff who manage and deliver recreation programs along with the materials and supplies needed to operate these programs. The General Fund supports a portion of the Community Center operation. Surplus revenue generated through the Recreation Enterprise Fund (Recreation, Pine Meadows Golf Club, and Lexington Community Center) helps fund Capital Improvement Projects and financially supports some services provided to the department by other Town departments, and payment of \$100,000 per year towards the Lincoln Park debt.

### Registration Information

**Online registration is the preferred method** for all programs. Go to: [www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs). We also accept walk-in registration and mail-in registration as long as space is available. Feel free to familiarize yourself with the website prior to registration. All participants must register, submit payment, and complete the registration form, including the waiver release, to be eligible to participate in a program. Registration for fall programs is first come, first served and will be available online as of August 29, 2016 at 12:01am. Resident walk-in registration also begins on August 29, 2016 at 8:30am. Non-resident walk-in and mail-in registration will begin two weeks after resident registration starts. There is a \$5.00 (youth) or \$10.00 (adult) additional fee for all Recreation Division non-resident program registrations and a \$5.00 additional fee for all Community Center non-resident program registrations with a Community Center membership. We accept cash, check, MasterCard, VISA, or Discover for mail-in or walk-in registration; credit cards only for online registration.

### Refund Policy

The Lexington Recreation and Community Programs Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been canceled, changed, postponed or relocated due to space availability. Programs are subject to change in personnel. The Recreation and Community Programs Department does not confirm program registrations. **You must be pre-registered to attend all programs.**

- All refunds will be issued in the form of a check from the Town Treasurer's office. **Refunds to credit cards are not permitted.** Please allow 3–4 weeks for processing of refunds.
- If insufficient enrollment causes an activity to be canceled, participants will receive a full refund.
- Refunds, less the minimum \$10.00 non-refundable deposit\*, may be given to a participant who withdraws from a program **two weeks** or more prior to the start of the program. To be eligible for a refund, the request must be in the form of a letter or email to the Recreation and Community Programs Department stating the reason for withdrawing and the participant's name and address.
- Refunds may be given for medical reasons which arise less than two weeks prior to the start of a program. To be eligible for such a refund, the request must be in the form of a letter to the Recreation and Community Programs Department, accompanied by a physician's letter. The minimum \$10.00 non-refundable deposit\* will be deducted from the refund. In the event that a medical issue arises after the start of a program, the refund may be prorated.
- In the event of weather cancellations, the Recreation and Community Programs Department will offer make-up sessions. Refunds or credits will not be given if make-up classes are scheduled and held, but a participant is unable to attend.
- Participants who withdraw from a program five business days prior to the start of a program may receive a **credit**, less the minimum \$10.00 non-refundable deposit\*, towards another Recreation program provided that a waitlist participant fills the spot and/or the minimum level of participants has been reached.
- Participants who withdraw from a program less than five business days prior to the start of the program are **not eligible for a refund or credit** as program expenses (staffing and supplies, etc.) will have been incurred. Refunds or credits will not be given for early termination of a program by the participant.
- **Program Transfers**—If space allows, participants will be permitted to switch/transfer to another class or program. A \$10.00 processing fee will be assessed and must be paid by check or cash when requesting the transfer. Should the program the participant is transferring into have a higher fee, he/she will be expected to remit the transfer fee and the difference at the time of requesting the transfer.

\* **Please note:** Some programs have a different minimum deposit or refund/credit policy, which are noted in the brochure.



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REGISTER ONLINE AT:

[www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs)

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## HELPFUL TELEPHONE NUMBERS, EMAILS, AND WEBSITES

### Recreation and Community Programs Department

Recreation and Community Programs Department    [recdept@lexingtonma.gov](mailto:recdept@lexingtonma.gov)    (781) 698-4800

Online Registration    [www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs)

Facebook Page    <https://www.facebook.com/lexreccommunitycenter>

Recorded Program Information & Cancellation Line    (781) 698-4810

Lexington Community Center    (781) 698-4870

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Lexington Human Services Department    [www.lexingtonma.gov/human-services](http://www.lexingtonma.gov/human-services)    (781) 698-4840

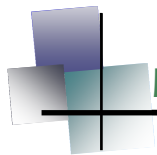
### Sports Organizations in Lexington

Battle Green Tennis League	<a href="http://www.battlegreentennis.com">www.battlegreentennis.com</a>
Lexington—Bedford Youth Hockey	<a href="http://www.lbyh.net">www.lbyh.net</a>
LBH Pop Warner Football	<a href="http://www.lbhpopwarner.com">www.lbhpopwarner.com</a>
Lexington Babe Ruth League	<a href="http://www.lexington.baberuthonline.com">www.lexington.baberuthonline.com</a>
Lexington Blue Sox	<a href="http://www.lexingtonbluesox.com">www.lexingtonbluesox.com</a>
Lexington Coed Adult Soccer	<a href="mailto:franco.diaz@att.net">franco.diaz@att.net</a>
Lexington Little League	<a href="http://www.lexingtonlittleleague.org">www.lexingtonlittleleague.org</a>
Lexington Youth Basketball Association	<a href="http://www.lexhoops.com">www.lexhoops.com</a>
Lexington Youth Lacrosse	<a href="http://www.lexingtonlax.org">www.lexingtonlax.org</a>
Lexington United Soccer Club	<a href="http://www.lexingtonunited.org">www.lexingtonunited.org</a>
Lexpressas Women Over 40 Soccer	<a href="http://www.lexpressas.org">www.lexpressas.org</a>
Men's Senior Softball	<a href="mailto:lexsoftball@gmail.com">lexsoftball@gmail.com</a>

### Other Helpful Lexington Contacts

Lexington Chamber of Commerce	<a href="http://www.lexingtonchamber.org">www.lexingtonchamber.org</a>	(781) 862-2480
Lexington Community Education	<a href="http://www.lexingtoncommunityed.org">www.lexingtoncommunityed.org</a>	(781) 862-8043
LexFUN	<a href="http://www.lexfun.org">www.lexfun.org</a>	
Special Needs Arts Programs, Inc.	<a href="mailto:info@Snapsing.org">info@Snapsing.org</a>	
Visitors' Center	<a href="http://www.lexingtonma.gov/visitors-center">www.lexingtonma.gov/visitors-center</a>	(781) 862-1450

Programs listed in the Other Organizations section are not run by the Lexington Recreation and Community Programs Department and the Town will not be held responsible or liable for these programs.



## FAMILY FUN NIGHTS AT THE COMMUNITY CENTER\*

*Co-Sponsored with the Human Services Department*

### Family Craft Night—October 21st

Do you love your drawstring bag but just wish you could customize it? If yes, then come over to the Community Center and design your very own drawstring bag to hold school supplies, sports equipment or just anything it can hold! Sign up now as spots are limited to 15!

**"Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.**

<b>Fee:</b>	<b>\$10/Craft</b>
<b>Ages:</b>	All
<b>Date:</b>	Friday, October 21st
<b>Time:</b>	7:00—8:30pm
<b>Location:</b>	CC Room 230/232

### Family Feud—November 18th

The first Family Feud was a great hit and we are excited to be running it again. Come over to the Community Center with a team of 3—6 people and be speedy with you brain and buzzer. Entrance fee covers prizes for the night! Sign up now as spots are limited to 10 teams!

**"Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.**

<b>Fee:</b>	<b>\$10/Team</b>
<b>Ages:</b>	All
<b>Date:</b>	Friday, November 18th
<b>Time:</b>	6:30—8:30pm
<b>Location:</b>	CC Dining Room 139

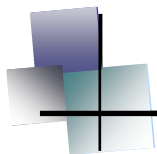
### Family Movie Night—December 16th

Come join us for another great Family Movie Night at the Community Center! Bring your family, friends, and neighbors. We will be serving popcorn and watching a family friendly movie!

**"Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.**

<b>Fee:</b>	<b>\$5/Family</b>
<b>Ages:</b>	All
<b>Date:</b>	Friday, December 16th
<b>Time:</b>	6:30—8:30pm
<b>Location:</b>	CC Room 237

**\* Be on the look out for more Family Fun Nights in our next brochure!**



## YOUTH/PARENT ACTIVITIES AT THE COMMUNITY CENTER

### MIDDLE SCHOOL PARENT & CHILD 8-BALL BILLIARDS TOURNAMENT



Sign up with a parent to make a team of two and come over to the Community Center to participate in a friendly round robin followed by single-elimination Billiards tournament over a 4 week period. Tournament play will be Saturdays from 12—2pm. The tournament will be limited to 8 teams so sign up now as spots will go fast! The winning team will get a personalized trophy. Team sign-ups are due 2 weeks prior to the tournament.

<b>Fee:</b>	<b>\$25/Team</b>
<b>Ages:</b>	11—13 and 18+
<b>Dates:</b>	Saturdays, October 8th—29th
<b>Time:</b>	12:00—2:00pm
<b>Location:</b>	CC Billiards Room

### MIDDLE SCHOOL PARENT & CHILD PING-PONG TOURNAMENT



Sign up with a parent to make a team of two and come over to the Community Center to participate in a round robin followed by a single elimination Ping-Pong tournament over a 4 week period. Tournament play will be Fridays from 6-8pm. The tournament will be limited to 8 teams so sign up now as spots will go fast! The winning team will get a personalized trophy! Team sign-ups are due 2 weeks prior to the tournament.

<b>Fee:</b>	<b>\$25/Team</b>
<b>Ages:</b>	11—13 and 18+
<b>Dates:</b>	Fridays, October 7th—28th
<b>Time:</b>	6:00—8:00pm
<b>Location:</b>	CC Ping-Pong Room



## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### FALL YOUTH TENNIS LESSONS

Led by instructor **Barry Ndinya**, the Fall Youth Tennis Lessons are designed to introduce children ages 4 to 14 to the life-long sport of tennis. The participants will learn the basic rules of the game, work on stroke development and serves (when appropriate) through drills and games. Lessons are held at the Gallagher Tennis Courts #1 and #2 at the Center Recreation Complex on Worthen Road. *Enrollment is limited to 8 per class.*

#### AGES 4 & 5

\$45

**Dates:** 4 Tuesdays, September 13th—October 4th

**Times:** 4:15—4:45pm or 4:50—5:20pm

#### AGES 6 & 7

\$45

**Dates:** 4 Tuesdays, September 13th—October 4th

**Time:** 5:25—5:55pm

#### AGES 8 & 9

\$45

**Dates:** 4 Thursdays, September 15th—October 6th

**Time:** 4:00—4:30pm

#### AGES 10 & 11

\$45

**Dates:** 4 Thursdays, September 15th—October 6th

**Time:** 4:40—5:10pm

#### AGES 12—14

\$60

**Dates:** 4 Thursdays, September 15th—October 6th

**Time:** 5:15—6:00pm



### YOUTH FIELD HOCKEY CLINIC



Learn the sport of Field Hockey with Lexington High School Field Hockey Varsity Head Coach **Laura Galopim** and members of the LHS team. The clinic will focus on the skills needed for game play. No prior experience is necessary. All participants will need goggles, stick, mouth guard, and shin guards. Sticks can be provided with advanced notice and all participants will receive a t-shirt.

#### Fee:

**\$100**

**Ages:** Grades 1—6

**Dates:** 5 Tuesdays, Sept. 13th, Sept. 20th, Sept. 27th, Oct. 11th, & Oct. 18th and Wednesday, Oct. 5th

**Times:** 5:30—7:00pm on 9/13 & 9/20 and 5:00—6:30pm on 9/27, 10/5, 10/11, and 10/18

**Location:** Lincoln #3

### YOUTH WRESTLING CLINIC



The Lexington Youth Wrestling program, under the direction of **Jon Quint**, aims to introduce young students to the sport of wrestling. This program has the support of the Lexington High School wrestling team and high school athletes will help out during the practices. Unlike many other sports, being a successful wrestler does not depend upon size or body type. Successful wrestlers come in all shapes and sizes and from diverse backgrounds. Wrestling also teaches discipline, mental toughness, and sportsmanship: character traits that will serve well outside the ring for a lifetime. Participants will need to provide their own headgear and wrestling shoes. In addition to the program taking place on Monday and Thursday evenings, opportunities to wrestle against surrounding communities on Saturdays may also be available.



#### Fee:

**\$75**

**Ages:** Grades 1—8

**Dates:** Mondays & Thursdays, November 28th—February 9th  
(No class 12/26, 12/29, 1/2, & 1/16)

**Time:** 5:30—7:00pm

**Location:** LHS Field House

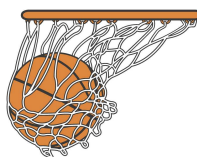


## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### YOUTH BASKETBALL SKILLS & DRILLS



Under the direction of **Reggie Hobbs**, LHS Boys Varsity Basketball Coach, this program will introduce young players to the basic skills of basketball, such as dribbling, passing/catching, shooting, and ball handling in a fun and positive environment. This new program is co-ed and will provide an opportunity for the younger residents of Lexington to learn about the great game of basketball.



**Fee:** \$50  
**Ages:** Grades K—3  
**Dates:** 6 Tuesdays, September 27th—November 1st  
**Times:** 4:00—4:55pm (Grades K & 1)  
5:00—5:55pm (Grades 2 & 3)  
**Location:** Estabrook School Gym

### GIRLS OPEN GYM HOOP TIME



Girls only open gym time, supervised by **Kathryn Robb** and **Liz O'Neil**. Girls - lace up your sneakers and come shoot around, play pick-up basketball, shooting games, etc. Work on your basketball skills and have fun with other players and friends. This is not a team practice time, just fun open gym time to play hoop and shoot around! This program is being offered in partnership with Play to Play, a non-profit organization devoted to empowering girls through the game of basketball.

**Fee:** \$35  
**Ages:** Grades 1—9 (Girls Only)  
**Dates:** 7 Fridays, September 23rd—November 18th (No class 10/7 & 11/11)  
**Time:** 6:00—8:00pm  
**Location:** Estabrook School Gym

### SMART START BASKETBALL

This program will teach children (and parents) a variety of basketball skills including dribbling, ball handling, shooting, passing, catching, and running in a fun, non-threatening environment and allow participants to work one-on-one with a parent. A parent must attend and space is limited, so register early!



**Fee:** \$60  
**Ages:** 5—7 with a parent  
**Dates:** 6 Saturdays, January 7th—February 11th, 2017  
**Time:** 9:15—10:15am  
**Location:** Estabrook School Gym

### ADAPTIVE BASKETBALL PROGRAM

This program is designed to offer children with a cognitive or physical disability the opportunity to learn and play basketball in a cooperative, non-threatening, fun environment. The program takes into consideration the individual needs and abilities of every participant, and modifications are made to the game and training to allow full participation and enjoyment for each child. Volunteers are welcome and parents are encouraged to participate.

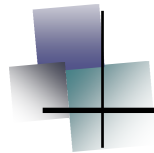
**Fee:** \$65  
**Ages:** 6—16  
**Dates:** 6 Saturdays, January 7th—February 11th, 2017  
**Time:** 10:30—11:15am  
**Location:** Estabrook School Gym

### ARCHERY CLINIC



During this five-week program, participants will learn to shoot a bow and arrow in the Junior Olympic archery development program under the direction of a certified instructor from **Baystate Archery**. All equipment is provided. Students will progress at their own pace. *Enrollment is limited.*

**Fee:** \$115  
**Ages:** 9—14  
**Dates:** 5 Thursdays, September 15th—October 13th  
**Time:** 3:45—5:15pm  
**Location:** Lexington Community Center



## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### VIKING PRE-SCHOOL SOCCER



This fun program will give children a chance to learn some basic soccer skills while playing soccer-related games and drills. All classes conclude with a scrimmage. Children should bring their own soccer ball (size 3 or 4), shin guards, sneakers or soccer cleats, and a water bottle. Parents and/or guardians are asked to stay for the 45-minute program and encouraged to participate with their child.

<b>Fee:</b>	<b>\$80</b>
<b>Ages:</b>	4 and 5
<b>Dates:</b>	6 Fridays, September 16th—October 28th (No class 10/7)
<b>Times:</b>	3:45—4:30pm <b>or</b> 4:45—5:30pm
<b>Location:</b>	Muzzey Field

### VIKING MULTI-SPORTS CLINIC



Children will be introduced to a fun variety of age-appropriate sports and games each week. Games include dodgeball, capture the flag, soccer, tag, World Cup, team handball, and more! If you're looking for a program that offers a mix of traditional instruction and skill development that is reinforced with a scrimmage, then this Multi-Sports Clinic is for your child! Participants should bring a water bottle.

<b>Fee:</b>	<b>\$80</b>
<b>Ages:</b>	4—7
<b>Dates:</b>	6 Tuesdays, September 13th—October 18th
<b>Times:</b>	3:45—4:30pm (Ages 4 & 5) 4:45—5:30pm (Ages 5—7)
<b>Location:</b>	Muzzey Field

### F.A.S.T. ATHLETICS PRE-SCHOOL T-BALL CLINIC



Let's take a walk through the fundamentals of America's favorite pastime. Children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction into t-ball where learning and skill development are our priorities.

<b>Fee:</b>	<b>\$100</b>
<b>Ages:</b>	3—5 1/2
<b>Dates:</b>	7 Saturdays, September 17th—November 5th (No class 10/8)
<b>Times:</b>	9:30—10:15am <b>or</b> 10:30—11:15am
<b>Location:</b>	Center #4 (Fitzgerald) Little League Field

### F.A.S.T. ATHLETICS FLAG FOOTBALL CLINIC

F.A.S.T. Athletics will teach everyone game strategies, catching techniques, and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have lots of plays ready to go for their teams!



<b>Fee:</b>	<b>\$100</b>
<b>Ages:</b>	7—12
<b>Dates:</b>	7 Thursdays, September 15th—October 27th
<b>Time:</b>	4:00—5:00pm
<b>Location:</b>	Muzzey Field

### SUPER SOCCER STARS FALL PROGRAMS

Join Super Soccer Stars for some soccer fun this fall! Super Soccer Stars will be offering a variety of programs on Monday afternoons, Wednesday mornings, and Saturdays this fall, including their Kick and Play program for children ages 12 to 24 months, Super Soccer Stars for boys and girls ages 2—9, and their Shine program for children with special needs between the ages of 6—12. Super Soccer Stars will also be offering a one-day clinic on both Columbus Day and Veterans Day this fall.

**PLEASE NOTE:** All registration for Super Soccer Stars programs must be done directly through Super Soccer Stars. You may register online by going to: <http://boston.supersoccerstars.com> or you can call (781) 777-7171.





## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### F.A.S.T. ATHLETICS SUPER SPORTS CLINIC

Get up, get going, get active with a **F.A.S.T. Athletics** Super Sports Clinic! F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodgeball, Baseball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport. Each class will end with a high-energy game with the sport played that day.



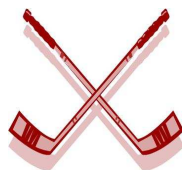
<b>Fee:</b>	<b>\$80/session</b>
<b>Ages:</b>	Grades K-2
<b>Session 1:</b>	5 Mondays, September 12th—October 24th (No class 10/3 and 10/10)
<b>Session 2:</b>	5 Mondays, November 7th—December 5th
<b>Time:</b>	3:30—4:30pm
<b>Location:</b>	Estabrook School Gym

### F.A.S.T. ATHLETICS DODGEBALL & STREET HOCKEY CLINIC



This program is a 2-sport class with floor hockey and dodgeball. Half of the classes will be spent playing hockey and the other classes will be spent playing dodgeball. The hockey portion will include a few dribbling and passing drills and will end with a floor hockey scrimmage. During the

dodgeball portion, students will learn and play a variety of dodgeball games. Both sports will emphasize teamwork, game strategy, and most importantly, fair play and sportsmanship.



<b>Fee:</b>	<b>\$80/session</b>
<b>Ages:</b>	Grades 3-5
<b>Session 1:</b>	5 Wednesdays, Sept. 14th—October 19th (No class 10/12)
<b>Session 2:</b>	5 Wednesdays, Nov. 2nd—December 7th (No class 11/23)
<b>Time:</b>	3:30—4:30pm
<b>Location:</b>	Estabrook School Gym

### FALL PRE-SEASON BASKETBALL SKILLS CLINIC



Over the course of the fall program, your child will have fun and improve their basketball skills significantly. Led by **Premier Hoops**, each session consists of 30 minutes of skills building (ball handling, passing, shooting, defense, and more) and 30 minutes of fun scrimmaging. Stay active, have fun, and learn from the best coaches in Massachusetts!

<b>Fee:</b>	<b>\$165</b>
<b>Ages:</b>	4—17
<b>Dates:</b>	9 Thursdays, September 22nd—November 17th
<b>Times:</b>	4:00—4:55pm (Ages 4—8) 5:00—5:55pm (Ages 7—12) 6:00—6:55pm (Ages 11—17)
<b>Location:</b>	Estabrook School Gym

### INDOOR KICKBALL PROGRAM



Have fun, make new friends, and play kickball! Our Grades K—2 program is for newcomers to sports and kickball. Players will stay active and learn how to play kickball. The first 15–20 minutes of practice will focus on stretching and practicing. After this, all participants will be split into teams and play real kickball games. The Grades 2—4 and Grades 5—7 programs will be a real kickball league! Each night, your child will get a chance to warm-up and practice their skills and then play a fun 7-inning kickball game. This program is so fun that your child will be asking you to bring them back every time.



<b>Fee:</b>	<b>\$115</b>
<b>Ages:</b>	Grades K—7
<b>Dates:</b>	6 Tuesdays, November 15th—December 20th
<b>Times:</b>	4:00—4:55pm (Grades K—2) 5:00—5:55pm (Grades 2—4) 6:00—6:55pm (Grades 5—7)
<b>Location:</b>	Estabrook School Gym

## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### PUDDLESTOMPERS NATURE EXPLORATION



Led by **PUDDLESTOMPERS Nature Exploration**, explore the wonders of nature this fall with your young naturalist! Learn how animals prepare for winter, collect food like a squirrel or migrate south like birds. Discover the amazing open spaces Lexington has to offer. Weekly classes include hands-on nature exploration, active movement and play, snack, and a story.

**Fee:** \$176

**Ages:** 2 1/2–5 with parent or caregiver

**Dates:** 8 Thursdays, September 29th–November 17th

**Time:** 9:30–10:25am

**Location:** CC Room 221

### YOUTH “LEARN TO FISH” CLINIC

Have you ever wanted to learn how to fish? Now's your chance. Let the **Mass Wildlife Angler Education Program** be your guide. We'll have equipment on hand for use, as well as terminal tackle, and live bait. You'll learn the basics from casting out to baiting up. And the best part—you'll actually be able to fish. So come try your hand at this great pastime, guaranteed to catch some fun! **Please note:** This program is intended for beginners ONLY and children ages 12 and under must be accompanied by an adult.



**Fee:** \$10

**Ages:** 6–15  
(Children ages 12 & under should be accompanied by an adult)

**Date:** Wednesday, September 28th

**Time:** 4:00–6:00pm

**Location:** Old Reservoir

### BUDA ULTIMATE FRISBEE CLINICS

These ultimate frisbee clinics are led by coaches from the **Boston Ultimate Disc Alliance (BUDA)** and are designed to teach children all they need to know in order to play and have fun. Our programs feature a mix of individual skills work, group games, and drills. They're designed to be fun and very active. All players should bring water and cleats are recommended for the more advanced groups.



For younger players, we will have U10 and U12 programs which will teach the basic skills. After the September 18th session, some U14 participants will be invited to join a select team which will compete against programs from other towns. The U14 select team focuses on preparation for high school competition. Parents will be notified via email and given a link to confirm and for an additional payment of \$50.00 (paid directly to BUDA) to cover additional coaching/fees. Both U14 programs are intended for students who are not yet in high school.

**Fee:** \$95 per child

**Dates:** 6 Sundays, September 11th–October 16th

**Location:** Diamond Middle School Fields

**U10 Program:** 2:00–3:30pm

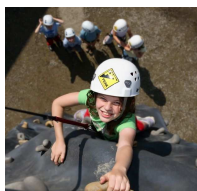
**U12 Program:** 2:00–3:30pm

**U14 Program:** 3:30–5:00pm

## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### YOUTH ROCK CLIMBING

This 6-week youth rock climbing program will take place at the **Boston Rock Gym** in Woburn each week in a 2-hour time slot. A dedicated group of seasoned instructors will work alongside the participants to help build climbing skills in a supportive and friendly environment. The staff will take care of all the rope management aspects of climbing, so the participants can focus on climbing and having fun! This will be a great activity on early release days this fall!



**Fee:** \$150/session  
**Ages:** 6–12  
**Session 1:** 6 Thursdays, September 15th–October 20th  
**Session 2:** 6 Thursdays, October 27th–December 8th (No class 11/24)  
**Time:** 2:00–4:00pm  
**Location:** Boston Rock Gym,  
Olympia Avenue in Woburn

### TEEN ROCK CLIMBING

This 6-week teen rock climbing program will take place at the **Boston Rock Gym** in Woburn each week in a 2-hour time slot. Climbing is more than just a physical workout. It's an exercise for the mind and soul. Our rock climbing program will explore varying disciplines of climbing, led by a seasoned group of instructors. Each week, topics such as rope management, which allows for independence while climbing, and techniques which will promote progression will be covered. The staff will take care of all the rope management aspects of climbing, so the participants can focus on climbing & having fun!

**Fee:** \$150/session  
**Ages:** 13–18  
**Session 1:** 6 Fridays, September 16th–October 21st  
**Session 2:** 6 Fridays, October 28th–December 16th (No class 11/11 & 11/25)  
**Time:** 7:00–9:00pm  
**Location:** Boston Rock Gym,  
Olympia Avenue in Woburn

### ICE SKATING LESSONS



Learn to Skate classes, held at the **Burlington Ice Palace**, are for participants ages 3 and up who have little to no formal skating experience. Skaters should wear warm, comfortable clothing that allows for movement; waterproof clothing and gloves are strongly recommended for skaters ages 3-6. A helmet (such as a bike helmet) is required and rental skates are available (free of charge) on a first-come, first-served basis. Participants should arrive 15-20 minutes prior to the class start time.

**Pre-Tot: Ages 3 & 4** — Instructors use songs, games, toys, and other fun methods to introduce little ones to the ice in a group class setting. Participants must be potty-trained.

**Tot 1: Ages 5 & 6** — For new participants ages 5 to 6 and 3 to 4 years old who have mastered the skills in Pre Tot. Participants must be potty-trained.

**Youth 1: Ages 6–12** — Instructors use games and a fun, challenging environment to teach beginning skating elements. These lessons are designed to teach basic motion, balance, and coordination that prepare skaters for hockey or figure skating.

### FALL I SESSION

**Dates:** 7 Wednesdays, Sept. 14th–Oct. 26th

**Times:** 4:35-5:00pm (Pre-Tot and Tot 1)  
4:10-4:50pm (Youth 1)

**Location:** Burlington Ice Palace, 36 Ray Ave., Burlington

**Fees:** \$129.00 per person (Pre-Tot and Tot 1)  
\$149.00 per person (Youth 1)

### FALL II SESSION

**Dates:** 3 Wednesdays, Nov. 9th–Nov. 23rd

**Times:** 4:35-5:00pm (Pre-Tot and Tot 1)  
4:10-4:50pm (Youth 1)

**Location:** Burlington Ice Palace, 36 Ray Ave., Burlington

**Fees:** \$61.00 per person (Pre-Tot and Tot 1)  
\$70.00 per person (Youth 1)

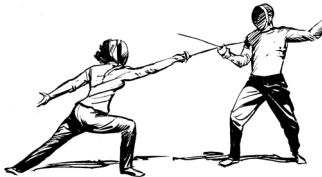


## YOUTH PROGRAMS AT THE COMMUNITY CENTER

### FUNDAMENTALS OF FENCING

Whether you are new or more experienced, you will learn new techniques and try out the skills in weekly duels and sword games instructed by **Mythquest Edutainment** staff.

*Come join the fun in this safe, unique, fun-filled program. Enrollment is limited to 12.*



**Fee:** \$100/session

**Ages:** 7–14

**Session I:** 6 Tuesdays, September 20th–November 1st (No class 10/11)

**Session II:** 6 Tuesdays, November 8th–December 13th

**Time:** 6:30–7:30pm

**Location:** CC Room 232

### BEGINNER CHESS CLASS

Students will join **Jim Della Selva** to begin exploring chess theory and strategies, learning the basics of the game through instruction, play, theory, and group work on chess problems and games. Class size is limited to 8.

**Fee:** \$125

**Ages:** 6–16

**Dates:** 8 Thursdays, September 29th–November 17th

**Time:** 4:35–5:35pm

**Location:** CC Room 217

### INTERMEDIATE AND ADVANCED CHESS CLASSES



More experienced youth players will join **Jim Della Selva** to further explore chess theory and strategies. The course will consist of instruction, play, theory, and group work on chess problems and games. Class size is limited to 8.

**Fee:** \$125

**Ages:** 6–16

**Dates:** 8 Tuesdays, September 27th–November 22nd (No class 10/11)

**Times:** 4:35–5:35pm (Intermediate)

5:35–6:35pm (Advanced)

**Location:** CC Room 217

### 2016 WINTER CHESS CHAMPIONSHIP

The Lexington Recreation and Community Programs Department proudly presents the 2016 Winter Chess Championship. Students will have the opportunity to play high level tournament chess while learning rules and strategies designed to raise their level of play. The championship will be divided into sections according to their age and grade level. All players will receive a trophy or medal according to their performance. The tournament will be directed by **Jim Della Selva** (United States Chess Federation Expert). Rules and strategies will be taught by **Jim Della Selva** and **Bill Richard**. This is a tournament that is not USCF rated but will be based on many if not all of their rules. It is an opportunity for serious chess players with little or no tournament experience.

**Fee:** \$65

**Ages:** 6–16

**Date:** Saturday, December 17th

**Time:** 1:00–4:30pm

**Location:** CC Room 242





## YOUTH PROGRAMS AT THE COMMUNITY CENTER

### COMBINED MARTIAL ARTS



Come to the Community Center and join instructor **Charles Crayton Jr.**, a 6th degree black belt, for classes in combined martial arts. Come away learning self-defense moves of all kinds, a sharper mind, patience, and self discipline.

**Fee:** \$85  
**Ages:** 8—11 and 12—15  
**Dates:** 6 Tuesdays, September 13th—October 18th (Ages 8—11)  
6 Thursdays, September 15th—October 20th (Ages 12—15)  
**Time:** 4:30—5:30pm  
**Location:** CC Room 006



### WICKED COOL FOR KIDS—ECO ENGINEERS

Reduce, reuse, and recycle to create, design, and build fun new gadgets and gizmos! We'll integrate some "green" into our engineering challenges by repurposing objects to build wind powered cars and an holiday light quiz board. Design eco-friendly experiments to test solar power, water quality, and see what's in your food. Going green is wicked cool!



**Fee:** \$140  
**Ages:** 6—10  
**Date:** 6 Wednesdays, Sept. 28th—November 9th (No class 10/12)  
**Time:** 4:30—5:30pm  
**Location:** CC Room 230

### WICKED COOL FOR KIDS—LEGO ROBOTICS

LEGO Robotics introduces kids to robotics programming. Kids create bots with motors and sensors and program them on our own computers. There are lots of challenges to engage budding techniques. Starting in 2nd grade.



**Fee:** \$140  
**Ages:** 6—10  
**Dates:** 6 Tuesdays, September 27th—November 1st  
**Time:** 4:30—5:30pm  
**Location:** CC Room 230

### WICKED COOL FOR KIDS—GIRLS SCIENCE CLUB



Back by popular demand! Engaging hands-on chemistry and geology projects will encourage girls to be junior scientists. Unlock the secrets of the laboratory to create customized soaps, lip balms, and lotions.



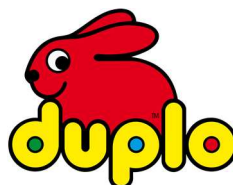
Explore how chemists create formulas and make your own cool products to take home. New projects include brilliant salt crystals and investigating gems and geodes.

**Fee:** \$140  
**Ages:** 6—10  
**Dates:** 6 Tuesdays, November 8th—December 13th  
**Time:** 4:30—5:30pm  
**Location:** CC Room 230

### WICKED COOL FOR KIDS—LEGO ENGINEERING JR



LEGO Engineering Junior is a 6-week program designed specially for kids in grades K-1. The activities promote teamwork and critical thinking skills as kids investigate basic engineering concepts using DUPLOs. Build a seesaw, vehicle, spinning top, and other fun working mechanisms. Perfect for the young builder with tiny hands!



**Fee:** \$140  
**Ages:** 5 and 6  
**Dates:** 6 Wednesdays, Nov. 9th—December 21st (No class 11/23)  
**Time:** 4:30—5:30pm  
**Location:** CC Room 230



## YOUTH PROGRAMS AT THE COMMUNITY CENTER

### SPROUTING MELODIES 1 & 2 (0–18 Months)

This class is designed to incorporate both the earliest stages of development and the beginning stages of babies exploration. The music provides stimulation and comfort for younger babies in the awareness phase of development and active music making for 6-18 month olds in the trust phase of development. We will be increasing your little ones awareness of themselves and others and foster the building of trust and exploration through active music making and listening. This class is especially fun because we can see the growth of the little ones from 0-18 months old. The older babies have the opportunity to play with younger babies and 0-6 month olds love watching their peers crawl, walk, and make music all around them. Sprouting Melodies 1 and 2 is a unique class where babies, parents, and caregivers learn and play together within the fun musical structure!



**Fee:** \$265  
**Ages:** 0–18 Months  
**Dates:** 6 Mondays, October 31st–December 5th  
**Time:** 9:00–10:00am  
**Location:** CC Room 237

### SPROUTING MELODIES 3 (18 Months–3 Years)

Between 18 months and 3 years of age, each day is an adventure full of growth and exploration! Songs become learned and mastered, and young children want to show off their new skills and independence. Within our music experiences, Sprouting Melodies 3 provides the routine that toddlers crave yet provides the freedom and creativity for children to grow in self-expression and to build social relationships with their peers in music. Through instrument play, movement and singing songs, children in this group will be supported as they move through their own personal journey of social, emotional, physical and cognitive growth.

**Fee:** \$265  
**Ages:** 18 Months–3  
**Dates:** 6 Mondays, October 31st–December 5th  
**Time:** 10:00–11:00am  
**Location:** CC Room 237

### BOSTON INTERNATIONAL KIDS FILM FESTIVAL PRESENTS... After School Filmmaking ( middle school)

In this class, students can bring their creative ideas to fruition in a fun, collaborative and exciting environment. Students will learn skills in scriptwriting, storyboard sketching, character development, improvisation and camera skills. Together, the group will write, shoot, and edit a film in a genre of their choosing. Students will learn to edit their films using professional editing software like Final Cut Pro.

**Fee:** \$300  
**Ages:** 11–14  
**Dates:** 10 Wednesdays, Sept. 21st–December 7th (No class 10/12 & 11/23)  
**Time:** 4:00–5:30pm  
**Location:** CC Room 242

### BOSTON INTERNATIONAL KIDS FILM FESTIVAL PRESENTS... Filmmaking for Younger Artists ( K-5)

This program is designed for young artists who are ready to write or star in their own film or for those who decide that behind the scenes work like filming and video editing is for them. Whatever role they prefer, our young filmmakers after-school program is a perfect fit! Students will be given the option to either use the camera equipment that we provide, or to bring their own iPads or iPhones to class and they will learn write, act, film and edit their own trailers and movies. Students will also be able to create props and utilize a green screen to help create their masterpieces.

**Fee:** \$300  
**Ages:** 5–10  
**Dates:** 10 Thursdays, Sept. 22nd–December 1st (No class 11/24)  
**Time:** 2:00–3:00pm  
**Location:** CC Room 242



## YOUTH PROGRAMS AT THE COMMUNITY CENTER

### PRIVATE MUSIC LESSONS

Would you love to be able to play the guitar or piano but think that you're too old, too busy, or that only people from the special talented planet can? Or maybe your kids have been begging you for lessons and you're looking for a teacher that will make the learning fun and imbue a lifetime love of music. There are only spots for 6 private lessons. Once you have registered we will give you **Instructor Janet Feld's** contact and she will set up a time with you!

**Fee:** \$800  
**Ages:** Grades 6—12  
**Dates:** 8 Thursdays, September 29th—November 17th  
**Time:** 30-Minute Lessons between 1:00—4:00pm  
**Location:** CC Room 123

### HOW TO EAT IN AMERICA



Does eating healthy sound like a constantly changing mystery? Not sure how to eat well on the schedules we keep? Learn how to understand the basics of eating well while gaining insight to advertising, sound bites and American cultural misconceptions. In this class we will discuss healthy foods, create healthy recipes, meals and menu plans and enjoy various media clips discussing food and health. This class is appropriate for middle school aged children. Younger and older students welcome with teacher permission. Please note, there is no food prep in this class.

**Fee:** \$55  
**Ages:** 11—14  
**Dates:** 4 Thursdays, October 6th—October 27th  
**Time:** 4:30—5:30pm  
**Location:** CC Room 242

### YOUTH BRAZILLIAN JUJITSU AT MASS BJJ



This kids' program is an introduction to learning Brazilian Jiu-Jitsu and is a practical approach to self-defense. The techniques of Brazilian Jiu-Jitsu allow for a smaller, weaker person to successfully defend against a larger, stronger assailant by using grappling for leverage with proper technique. Brazilian Jiu-Jitsu has proven so effective that it is being used by UFC fighters, the military and law enforcement as a staple of defensive training. BJJ is also a fun sport to play!! Students will receive a Gi (traditional martial arts uniform) with this program.

**Fee:** \$135  
**Ages:** 5+  
**Dates:** 4 Mondays, September 26th—October 24th (No class 10/10)  
**Time:** 4:00—5:00pm  
**Location:** 26 Massachusetts Avenue in Arlington

### LEARN TO PLAY THE RECORDER



The recorder is a wonderful social instrument. You can make solo music for yourself, you can make music with other recorder players, and you can make music with other instruments and those who play them! We invite you to join instructor, **Carroll Ann Bottino** to learn how to both read and write music and play the recorder. The cost of the recorder, recorder music book, and manuscript book are included in the cost of this program. Participants will need a music stand and metronome.

**Fee:** \$485  
**Ages:** 8—14  
**Dates:** 8 Thursdays, September 15th—November 3rd  
**Time:** 3:00—5:00pm  
**Location:** CC Room 123

### REFINING YOUR READING, ENGLISH LANGUAGE ARTS, AND STUDY SKILLS: All levels



To improve your grades your motivation must be up. Motivation comes from knowing and doing well with your assignments. This course will address your needs to help you improve; first: help with what makes homework easier, next: one day a week to analyze your study skills, your English Language and grammar skills. Session content can be adjusted to the small group tutoring needs.

**Fee:** \$310  
**Ages:** Grades 1—8  
**Dates:** Mondays & Wednesdays, September 26th—November 16th (No class 10/3, 10/10, and 10/12)  
**Time:** 5:30—6:30pm  
**Location:** CC Room 246



## DECEMBER VACATION PROGRAMS

### WINTER VACATION CHESS MINI CLINIC



Join U.S. Chess Federation expert **Jim Della Selva** for a December Vacation Chess Clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in daily matches.

**Fee:** **\$115**  
**Ages:** 6—15  
**Dates:** Wednesday—Friday,  
December 28th—30th  
**Time:** 10:00—12:00pm  
**Location:** CC 217

### MONSTER MINI GOLF



Join Lexington Recreation and Community Programs staff for 18 holes of monster-themed, glow in the dark mini golf! Fee includes transportation to and from the event as well as 18 holes of mini golf. Sign up as soon as you can since there are limited spots!



**Fee:** **\$35**  
**Ages:** 11—14  
**Date:** Wednesday, December 28th  
**Time:** 1:00—4:00pm  
**Location:** Danvers Crossing  
Shopping Center,  
10 Newbury Street in Danvers

### F.A.S.T. ATHLETICS DECEMBER VACATION SPORTS MANIA



Join us for four fun-filled days of sports and games with our Sports Mania program. All participants will have a great time playing soccer, basketball, flag football, dodgeball, and kick ball, but the fun continues with hand ball and pillow polo. Each day begins with proper stretching and warm-up games, and follows with the teaching of basic skills in the sports we play that day. More games and tournaments will be featured in this exciting four day vacation program held in a safe and FUN environment. Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants) each day and be sure to register early!

**Fee:** **\$120 (half day) / \$165 (full day)**  
**Ages:** 7—13  
**Dates:** Tuesday, December 27th—  
Friday, December 30th  
**Times:** 9:00am—12:00pm (half day)  
9:00am—3:00pm (full day)  
**Location:** Estabrook School Gym

## THANK YOU!

We would like to take this opportunity to thank all of our 2016 seasonal summer employees and community service volunteers for a job well done. Their commitment, enthusiasm, humor, tireless efforts, patience and professionalism made this summer a wonderful success!

We also wish to express our appreciation to each individual and family who participated in our summer programs and used our aquatics facilities. We look forward to seeing you in our fall, winter and spring activities, and again next summer.

**Lexington Recreation and Community Programs Staff**





## YOUTH BASKETBALL CLINICS AND BASKETBALL LEAGUES



### Girls Youth Basketball Clinic

**Early Registration Fee: \$95**

**Saturdays, January 7th— March 18th, 2017** (no program on 2/18)

**Registration Fee after December 4th: \$105**

This program is for girls in 1st-4th grade and will be a fun introduction to the game of basketball including proper instruction on shooting, dribbling, passing, and ball handling techniques. The basics of the game will be taught including general principles of defense and offense by a variety of engaging and child-centered games, drills, and instruction. The focus will be on learning the game of basketball in a joyful, empowering, and girl-friendly environment.

This program is being offered in partnership with **Kathryn Robb and Liz O'Neil**, the co-founders of Play to Play, a non-profit organization devoted to empowering girls through the game of basketball. All clinic instructors will be trained in the Play to Play's coaching workshop: "Coaching the Female Athlete."

**1st & 2nd Grade:** 9:00-10:15am @ Fiske

**3rd & 4th Grade:** 10:30-11:45am @ Fiske

### Boys Youth Basketball Clinic

**Early Registration Fee: \$95**

**Saturdays, January 7th— March 18th, 2017** (no program on 2/18)

**Registration Fee after December 4th: \$105**



The 2nd-4th Grade Boys Youth Basketball Clinic is designed as an instructional program in which the basic skills of basketball will be introduced and reinforced through drills and scrimmage games. This program will be on Saturday mornings. All children must register in advance. Spots are limited in this program and it is limited to Lexington residents ONLY.

**2nd Grade:** 9:00-10:30am @ Diamond

**3rd Grade:** 10:45am-12:15pm @ Diamond

**4th Grade:** 10:45am-12:15pm @ Clarke

### In-Town Recreation Basketball Leagues Grades 5 - 8

**Weeknights and Saturdays, November 21st, 2016 - March 11th, 2017** (no program on 11/23-11/26, 12/19-1/1, 1/16, and 2/18-2/23)

**Early Registration Fee: \$155**

**Registration Fee after October 9th: \$165**

The In-Town Basketball League is an organized recreational basketball program for students currently enrolled in Grades 5-8. There is a separate 5th/6th grade league and a 7th/8th grade league and the leagues are gender-specific. Fundamentals, skill development, teamwork, and sportsmanship will be emphasized while competitiveness is kept to a minimum. The teams will practice for 1 hour one night a week and games will be played on Saturday afternoons. Practice and game time will rotate throughout the season and **all practices and games will take place at either the Clarke Middle School or Diamond Middle School. Information about the specific start date of practices and games for each league will be emailed to all participants in mid-November.**

#### 5th/6th Grade Girls

**Practices:** 6:00-7:00pm or 7:00-8:00pm on Mondays or Thursdays

**Games:** 12:30pm or 1:35pm on Saturday afternoons

#### 5th/6th Grade Boys

**Practices:** 6:00-7:00pm or 7:00-8:00pm on Tuesdays or Wednesdays

**Games:** 2:45pm, 3:50pm, 4:55pm, or 6:00pm on Saturdays

#### 7th/8th Grade Boys

**Practices:** 6:00-7:00pm or 7:00-8:00pm on Mondays or Thursdays

**Games:** 1:00pm, 2:05pm, or 3:10pm on Saturday afternoons

#### 7th/8th Grade Girls

**Practices:** 6:00-7:00pm or 7:00-8:00pm on Mondays or Thursdays

**Games:** 3:10pm or 4:15pm on Saturday afternoons

### High School Boys Basketball League

**Weeknights and Saturdays, November 30th, 2016 - March 4th, 2017** (no program on 12/19-1/1, 1/16, and 2/18-2/23)

**Early Registration Fee: \$130**

**Registration Fee after October 9th: \$140**



This 10-week High School Basketball League will provide students currently enrolled in Grades 9-12 with the opportunity to play basketball this winter. Teamwork and sportsmanship will be emphasized while competitiveness is kept to a minimum. Teams will practice for 1 hour one night a week (6:00-7:00 p.m. or 7:00-8:00 p.m. on Mondays) and **games will be played on Saturday afternoons at 4:15pm, 5:20pm, or 6:25pm at the Diamond Middle School.**

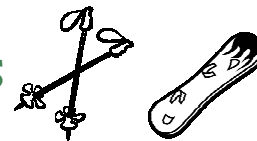
#### \*\* Notice for In-Town Grades 5-8 and High School Basketball Leagues\*\*

All participants must register in advance. Participants will be evaluated and every effort will be made to create teams of equal skill. There is a **\$25 non-refundable deposit (included in the registration fee)** for these programs. Late registrations will be accommodated only if space is available. These programs are open to Lexington residents ONLY.

*The success of the Youth Basketball Clinic, the In-Town Basketball Leagues, and High School Basketball League depends greatly upon volunteer coaches. If we do not get enough volunteers, the number of participants accepted will be seriously impacted. Volunteers interested in coaching in the Youth Basketball Clinic or In-Town Leagues are asked to contact the Recreation and Community Programs Department at (781) 698-4800.*



## NASHOBA VALLEY SKI AREA YOUTH SKI AND SNOWBOARD PROGRAMS



### THURSDAY SKI LESSONS FOR GRADES 2–5 or SNOWBOARD LESSONS FOR GRADES 4–5

(The choice of ski or snowboarding must be made at the time of registration. Please note that snowboarding is for Grades 4 and 5 ONLY. All participants must take the lesson.)

6 Thursdays

January 5th–February 9th, 2017

1:00–5:15pm

The Thursday afternoon package includes transportation (or choice of no transportation), a one-hour lesson each Thursday (3:00pm lesson time), lift ticket, and time for free skiing or snowboarding.

**Fee: \$300\* with bus transportation** (from the Lexington Community Center to Nashoba Valley and return) **or**

**Fee: \$240\* without transportation** (for parents who prefer to drive their child each week)

(\* The program fee includes a **\$50.00 non-refundable deposit**. Before registering please consider possible Thursday afternoon conflicts such as band or orchestra rehearsals. Refunds will not be guaranteed after December 22, 2016.)



### FRIDAY NIGHT SKI AND SNOWBOARD LESSONS FOR GRADES 6–12

(The choice of ski or snowboarding must be made at the time of registration.)

5 Fridays

January 6th–February 3rd, 2017

5:30–10:45pm



The Friday evening package includes bus transportation, a one-hour lesson option each Friday (7:00pm lesson time), lift ticket, and time for free skiing or snowboarding. **Travel by bus to and from Nashoba Valley is required by ALL participants.** Buses leave from and return to the Lexington High School parking lot.

**Fee: \$295\* with a lesson or**

**Fee: \$265\* without a lesson**

(\* The program fee includes a **\$50.00 non-refundable deposit**. Before registering please consider possible conflicts such as sports or music commitments. Refunds will not be guaranteed after December 22, 2016.)

### INFORMATION FOR BOTH THURSDAY AND FRIDAY SKI/SNOWBOARD PROGRAMS

**IMPORTANT:** At the time of registration, please download the program on-site information and emergency form (also located on page 19 of this brochure) and Nashoba Valley's liability form from the department's website. Please return these forms **promptly**. Thank you.

**YOUR HELP IS NEEDED:** Parent volunteers act as chaperones on the bus and at Nashoba Valley. Parents are critical to the success of the program. Please volunteer at the time of registration or call the Recreation and Community Programs office to express your interest. No skiing or snowboarding required! Help us ensure the program is a success!

**EQUIPMENT RENTALS:** Pre-equipment rentals and fitting will be available for those registered for either program on Thursday, December 1, 2016 in the Community Center dining room. Fittings will take place from 6:30–8:00pm. The cost will be **\$110.00 for the Thursday afternoon program** and **\$100.00 for the Friday evening program**, payable to Nashoba Valley, at the time of the fitting (after this time, the fee will be \$120.00 for the Thursday program and \$110.00 for the Friday program at Nashoba Valley only). Helmets may be purchased at the rental night for \$60.00. Nashoba Valley staff will accept cash and checks only.

*The success of our youth ski and snowboard program depends on parent volunteers. If you are available to volunteer (no skiing required) for either the Thursday or Friday program, please contact the Recreation and Community Programs Department and request to fill out the volunteer chaperone form with the dates you are available to assist us!*



**RECREATION AND COMMUNITY PROGRAMS DEPARTMENT ON-SITE INFO/EMERGENCY FORM  
FOR THE 2017 NASHOBA VALLEY SKI/SNOWBOARD PROGRAMS**

Check the appropriate spaces **Thursday:** ski \_\_\_\_\_ snowboard \_\_\_\_\_ with transportation \_\_\_\_\_ without transportation \_\_\_\_\_  
**Friday:** ski \_\_\_\_\_ snowboard \_\_\_\_\_ with a lesson \_\_\_\_\_ without a lesson \_\_\_\_\_

Equipment Rental: \_\_\_\_\_ Years of Experience: \_\_\_\_\_

(Please **print clearly** and fill in the entire form. **Return form promptly.**)

Child's Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ Meds: yes \_\_\_ no \_\_\_ if yes, please list: \_\_\_\_\_

Please explain if your child has language barriers, behavior concerns, or other physical problems we should be aware of: \_\_\_\_\_

Parents Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

\_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

**IMPORTANT:** In the event of an injury or emergency list name, relationship, and number of contact **WHO CAN BE REACHED** during the program *if we are unable* to reach a parent:

\_\_\_\_\_  
(print name)

\_\_\_\_\_  
(relationship)

\_\_\_\_\_  
(phone)

**PARTICIPANT CONDUCT GUIDELINES AND EXPECTATIONS**

Parents, please share the following with your child. While participating in this program...

- ⇒ Participants will use polite and appropriate language. They will not swear, make unkind or mean spirited comments to or about other people involved in the program.
- ⇒ Participants will treat others with respect at all times.
- ⇒ Participants will listen respectfully and attentively to all instructions, requests, rules and regulations given by program staff.
- ⇒ Participants will follow and obey the rules and regulations of the program.
- ⇒ Participants should feel comfortable politely asking appropriate questions or for clarification of rules and regulations.

**Consequences resulting from disregard for above participant guidelines:** 1) Participant's parents will be contacted immediately; 2) participant may be dismissed from the program immediately and will not receive a refund; 3) participant may risk future participation in programs.

**RELEASE STATEMENT**

- I/We, the parent(s)/guardian(s) of the above named minor, hereby consent to his/her participation in the Nashoba Valley Ski Program sponsored by the Lexington Recreation and Community Programs Department. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorney from any and all liability or expense arising out of any injury involving or on account of any injury to above named minor in conjunction with this program.
- If I/we **can not be reached** in an emergency, I/we hereby give permission to the Town of Lexington Recreation and Community Programs Department staff to authorize a physician at a local hospital to secure proper treatment for the child named above.
- I/We understand that if the program is canceled, make-up sessions will be scheduled February 16th/March 2nd (Thursdays) or February 10th/February 17th (Fridays).
- I/We also understand that participants are scheduled to have a one-hour lesson each week and can ski or snowboard on their own, with a buddy, until it is time to board the bus, and that all participants signed up for the bus are **expected** to ride on the bus to and from Nashoba Valley each week.
- I/We acknowledge that an "Information for Skiers and Parents" handout will be sent prior to the start of the program and the participant agrees to abide by the contents therein.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



## MIDDLE SCHOOL EARLY RELEASE DAY PROGRAM

### NASHOBA VALLEY TUBING TRIP!

Come along snow tubing at Nashoba Valley on Thursday January 12, 2017. We will be meeting in your school's cafeteria at 11:45am to eat lunch and then the bus will pick us up at 12:30pm. We will tube from 1:30—3:30pm and your parent is expected to pick you up at 4:15pm at your school. For Boston students, you will be supervised at your designated school until the late bus picks you up. The fee is \$40 and includes transportation and snow tubing. You are required to bring your lunch. If the tubing trip to Nashoba Valley is cancelled because of adverse weather, participants will be notified at their school and an announcement will be placed on the Recreation and Community Programs Information Line (781) 698-4810. A credit will be placed on your account if the program is cancelled.

The registration deadline is December 23rd.



<b>Fee:</b>	<b>\$40</b>
<b>Grades:</b>	6th, 7th, and 8th
<b>Date:</b>	Thursday, January 12th, 2017
<b>Time:</b>	11:45am—4:15pm
<b>Location:</b>	Nashoba Valley Tubing Park in Westford



### LEXINGTON COMMUNITY CENTER



#### Hours of Operation:

Monday—Friday, 8:00 am to 9:00 pm  
Saturday, 9:00 am to 5:00 pm  
Sundays and Holidays — Closed

#### Membership Fees:

Lexington Residents:	FREE
Non-Resident Senior (60+):	\$12.00 per year
Non-Resident Youth (under 18):	\$25.00 per year
Non-Resident Adult (18—59):	\$50.00 per year
Non-Resident Family (2 adults and children living at home)	\$125.00 per year
Non-Resident Adult working for Lexington Business:	\$25.00
Replacement Card:	\$5.00

*Thank you for your continued use and support of the Lexington Community Center!*





## ADULT PROGRAMS

### FALL ADULT TENNIS LESSONS

\$70 per person

The Fall Adult Tennis Lessons are designed to give all players, regardless of ability, the opportunity to learn new skills and/or improve existing ones. The fall session will include 5 lessons. The Thursday evening lessons will be led by **Chew-Hoong Koh** and the Saturday lessons will be led by **Barry Ndinya**. The lessons will take place at the Gallagher Tennis Courts #1 and #2 at the Center Recreation Complex on Worthen Road.



#### Saturday Mornings

**Dates:** September 10th—October 15th (No class 10/8)

**Times:** 9:00—10:00am (Beginner)

10:00—11:00am (Advanced Beginner)

11:00am—12:00pm (Intermediate)

#### Thursday Evenings

**Dates:** September 15th—October 20th (No class 9/22)

**Times:** 6:00—7:00pm (Beginner)

7:00—8:00pm (Advanced Beginner)

8:00—9:00pm (Intermediate)

- **Beginner** — designed for the brand new player or inexperienced recreational player. Introduces serve, volley, forehand and backhand strokes, court positions, and tennis terms.
- **Advanced Beginner** — reviews beginner strokes with emphasis on stroke execution. Introduces lob, overhead, scoring, and rules. Students must know the basic strokes and forehand rallying.
- **Intermediate** — for those wishing to perfect their strokes through drills with emphasis on consistency, singles and doubles strategy, and match play.

### EARLY MORNING ADULT DROP-IN GYM AT LHS FIELD HOUSE

Season membership cards **are required** for this morning drop-in program. The pass is also valid for the adult evening drop-in program. ID cards may be obtained at either the Lexington Community Center or onsite at the program. **This program does not meet on holidays or during school vacations.**

<b>Fee:</b>	<b>\$95/residents</b> <b>\$115/non-residents</b>
<b>Ages:</b>	18+
<b>Dates:</b>	Mondays, Wednesdays, & Fridays September 2016 — August 2017
<b>Time:</b>	6:15—7:15am
<b>Location:</b>	LHS Field House/Gym

### EVENING ADULT DROP-IN GYM AT LEXINGTON HIGH SCHOOL FIELD HOUSE

**Monday—Thursday, November 7th, 2016 — Thursday, April 13th, 2017**

Resident Season Pass: \$60.00

Resident Daily Admission: \$3.00 per person

Non-Resident Season Pass: \$85.00

Non-Resident Daily Admission: \$5.00 per person

- **JOGGING** (all ages) Monday—Thursday 7:15—9:30pm
- **ADULT BASKETBALL** (age 18+) Mondays & Thursdays 7:15—9:30pm
- **ADULT INDOOR SOCCER** (age 18+) Tuesdays & Wednesdays 7:15—9:30pm

**NOTE: This program does not meet on holidays or during school vacations.**



### MEN'S PICK-UP BASKETBALL

Come to the Diamond Middle School gym for 13 weeks of pick-up basketball. Bring sneakers and a water bottle, and tell your friends and neighbors. ***Pre-registration is required and space is limited. Register early!***



<b>Fee:</b>	<b>\$65</b>
<b>Ages:</b>	18+
<b>Dates:</b>	12 Wednesdays, September 7th— December 14th (No class 10/12 & 11/23)
<b>Time:</b>	8:00—10:00pm
<b>Location:</b>	Diamond Middle School Gym



## ADULT PROGRAMS

### WOMEN'S FITNESS BOOT CAMP

This popular 11-week fitness program is designed specifically for women and will incorporate upper and lower body weight exercise as well as cardiovascular activities. Band work and many body exercises will be included. **Paul McManus** returns to lead this program. All levels of ability are welcome to participate. Women should bring a jump rope, exercise mat, & two 5-10 lb. hand weights.

**Fee:** \$95/1 day per week  
\$175/2 days per week  
**Ages:** 18+  
**Dates:** Tuesdays & Thursdays,  
September 6th–November 22nd  
**Time:** 6:00–7:00am (Rain or Shine)  
**Location:** Lincoln #2

### ADULT VOLLEYBALL



Come to the Estabrook School gym for 11 weeks of volleyball. Bring sneakers and a water bottle, and tell your friends and neighbors. ***Pre-registration is required and space is limited. Register early!***

**Fee:** \$55  
**Ages:** 18+  
**Dates:** 11 Wednesdays, September 21st–  
December 14th (No class 10/12 & 11/23)  
**Time:** 7:00–9:00pm  
**Location:** Estabrook School Gym

### ADULT BADMINTON

Put on your sneakers, grab your badminton racquet, sign-up with a friend or two, and come join us at the Estabrook School gym for 11 weeks of badminton. ***Pre-registration is required and space is limited. Register early!***



**Fee:** \$55  
**Ages:** 18+  
**Dates:** 11 Mondays, September 19th–  
December 12th (No class 10/3 & 10/10)  
**Time:** 7:00–9:00pm  
**Location:** Estabrook School Gym

### ADULT PICKLEBALL



Try out the fastest growing sport in the U.S.! Similar to table tennis, badminton, and tennis, it is a fun, active game that can be mastered by anyone. Equipment will be provided and all levels of experience are welcomed. We will be offering separate Beginner/Advanced Beginner and Intermediate sessions this fall! ***Pre-registration is required and space is limited. Register early!***

**Fee:** \$60  
**Ages:** 18+  
**Dates:** 12 Thursdays, September 22nd–  
December 15th (No class 11/24)  
**Times:** 6:00–7:30pm (Beginners/Adv. Beg.)  
7:30–9:00pm (Intermediate)  
**Location:** Diamond Middle School Gym

### ADULT SKI AND SNOWBOARD PROGRAMS

The adult program at Nashoba Valley is available for beginners through advanced skiers and snowboarders. The program includes a six-week session of lessons and lift tickets. Classes are available weekday mornings (with free skiing/boarding from 9:00am–5:00pm) or evenings (with free skiing/boarding from 5:00–10:00pm on lesson days). Adults pick **ONE day (morning or evening)** and come any six times throughout the season. The price of rentals is \$110 for skis and snowboards, payable to Nashoba Valley at the fitting on **Thursday, December 1st from 6:30-8:00pm at the Lexington Community Center**. Helmets may be purchased at a cost of \$60.



**Fee:** \$215  
**Ages:** 18+  
**Dates/Times**  
6 Sun. starting 1/8 @ 5:30pm  
6 Mon. starting 1/9 @ 10am or 7:30pm  
6 Tues. starting 1/3 @ 10am or 7:30pm  
6 Wed. starting 1/4 @ 10am or 7:30pm  
6 Thurs. starting 1/5 @ 10am or 7:30pm  
**Location:** Nashoba Valley Ski Area,  
Powers Road in Westford



## ADULT PROGRAMS

### BASIC KNOWLEDGE OF TUI NA THERAPY in Mandarin

你了解中医和推拿治疗吗？这个讲座将提供一些中医和推拿的基本知识信息，讲解一些推拿治疗的实例，并且教授一些简便易行的保健自我按摩。推拿作为一种自然物理疗法，在中国已经有几千年的历史了。它是通过一些特殊的手法作用在肌肉、神经、软组织、穴位、经络、骨骼关节……等等，打通气血阻滞，激活自身的自我康复能力，来达到治疗作用。因此，推拿不仅仅是对局部的病症有治疗作用，而且，它的利益可以惠及全身。推拿也被认为是治疗慢性肌肉关节疼痛和因精神压力引起的疾病的最好的自然物理疗法之一。

### BASIC KNOWLEDGE OF TUI NA THERAPY - Presentation in English

Are you interested in knowing the Traditional Chinese Medicine and Tui Na therapy? This class will provide basic theory, case study, and some self-wellness massage for your health. Tui Na is one of the most popular body work in China for thousands of years. It works by applying pressure to acupoints, meridians and groups of muscles or nerves to remove blockages that prevent the free flow of Qi (Energy). It is proved to be one of the best naturopathy for chronic pain, musculoskeletal conditions and stress-related disorders. The treatment often benefits the whole body, not just a specific area.



### ORIENTAL WELLNESS EXERCISE



Would you like to build up your energy level with a relaxed mind? Do you feel stiff? If so, come join this Oriental Wellness Class. You will learn a set of exercises based on stimulating the acupoints, massaging the meridian (energy flow channels), and proper breath skills. It works from head to toe, including joint movement, mind refreshment, muscle strengthening, tension release, and energy build up. With day-to-day practice, your immune system can be improved.

### BODY CORE: A Total Fitness Class

Body Core is a fully integrated movement class that includes dancing to Zumba and popular music, total body conditioning using weights, Pilates balls and resistance tubing, Pilates core exercises, and Barre conditioning. This class will not only improve your cardio, muscle strength and endurance, but also help your balance and correct your posture. You'll have a lot of fun and feel stronger and energized! Please wear appropriate studio dance or aerobic/training shoes (no street shoes or running sneakers). Bring your yoga mat for floor exercises. Ellen is a certified Zumba, Pilates, Aqua, Barre and AFAA instructor. She also teaches adult ballet classes. **Instructor: Ellen Gaies**

*This class is a great companion piece to the Monday Just Move It Class. Register for both classes and receive a 10% discount.*

### JUST MOVE IT

In this class you will move it all from your fingertips to your toes, and everything in between. 60 mins of Cardio/Zumba routines followed by 30 mins. of Core-Toning with weights, floor work and stretching, plus lots of laughter. Wear comfortable layered workout clothing and sturdy sneakers. Bring refillable water bottle. All equipment provided. Class starts promptly at 6:00pm!

**Instructor: Diane Taylor** *This class is a great companion piece to the Thursday Body Core Class. Register for both classes and save 10%.*

**FREE**

**Date: Saturday, September 24th**

**Time: 11:00am—12:00pm**

**Location: CC Room 242**

**FREE**

**Date: Saturday, October 15th**

**Time: 11:00am—12:00pm**

**Location: CC Room 242**

**Fee: \$100**

**Dates: 6 Thursdays, September 29th—November 3rd**

**Time: 7:00—8:00pm**

**Location: CC Room 242**

**Fee: \$90**

**Dates: 12 Thursdays, September 22nd—December 15th  
(No class 11/24)**

**Time: 6:00—7:30pm**

**Location: CC Room 006**

**Fee: \$90**

**Dates: 12 Mondays, September 19th—December 12th  
(No class 10/10)**

**Time: 6:00—7:30pm**

**Location: CC Room 006**



## ADULT PROGRAMS

### Osteoporosis Information Night

Please join us on Wednesday, September 7th, 2016 for a **FREE**

**Presentation on Osteoporosis & Solutions**

**Presented by**

**Beverley J. Ikier, Board Certified Muscular Therapist & Bodyworker/Senior Fitness Specialist**

The presentation will take place from **5:30—7:30pm** at the Lexington Community Center, 39 Marrett Road.

### OSTEOFITNESS—Building Bone Building Bonds

This is a successful, evidence-based class targeting osteoporosis that brings results. Build new bone with progressive strength training targeted to the most common osteoporotic sites – spine, hip, and wrists without bisphosphonates. Learn drills that prevent falls and improve mobility, many of which travel well to your home and when you are out and about. Participants will be in a fun and supportive environment where many fitness levels are presented. This class is designed for post-menopausal women who have or who are at risk for osteoporosis and does not exclude men or those who are looking for strengthening and balance development. This class is modeled after “Strong Women Stay Young” and includes all joint-friendly moves as advised by the Arthritis Foundation. Classes now include Stress Management in every class as stress is a deterrent to bone building. Holistic disciplines are woven throughout the class to improve the immune system.

***Please bring your own mat and ankle weights. Instructor: Beverly Ikier***



**Fee:** **\$115 (1 day)**  
**\$215 (2 days)**  
**Dates:** 8 Tuesdays and/or Fridays,  
September 20th—November  
18th (No class 11/11)  
**Times:** 9:15—10:15am (Tuesdays)  
9:00—9:55am (Fridays)  
**Location:** CC Room 006

### BASIC FORMS OF WU STYLE TRADITIONAL TAI CHI

Tai Chi Quan is one kind of internal martial art for both self-defense and health. It is suitable for all ages to practice. The internal martial art is not only focused on self-defense but also to stimulate your energy and improve your immune system for overall health benefits. The research shows that Tai Chi is very good for improving leg muscle strength and balance function for all ages. Tai Chi Quan is considered as movement meditation. It is not only relaxing for your body, but also your mind.



**Fee:** **\$10**  
**Dates:** 6 Saturdays, September 24th—  
November 5th (No class 10/8)  
**Time:** 9:30—10:30am  
**Location:** CC Room 242

### WOMEN'S BOXING - BECOMING A KNOCKOUT!

Boxing isn't just about “fighting” - it's a mind set and a sport that will get you into the best shape of your life. The Lexington Community Center is thrilled to present Women's Boxing, led by **USA Boxing Certified trainer/coach Todd Paris**. This program has been specifically designed to include: stretching & warm up exercises, instruction on stance, body positioning, punching techniques, and how to “train like a boxer”. You'll get in your push-ups, ab work, and will get in the best shape of your life! This class is only for women (18+) - Fee includes 12 classes, hand wraps, and your very own boxing gloves!

**Fee:** **\$205**  
**Ages:** 18+  
**Dates:** Mondays and Wednesdays,  
November 7th—December 14th  
**Time:** 3:15—4:15pm  
**Location:** CC Room 006

### SATURDAY ZUMBA

Join instructor **Karl Weiland** in this dance/fitness class that takes the work out of working out! This cardio/body toning class is very easy to follow and no prior experience is needed. Whether you are just starting/getting back on your fitness journey, or are extremely fit; if you are on a weight loss program, or coming back from an injury, come join the party!

**Fee:** **\$100**  
**Dates:** 10 Saturdays, September  
24th—December 10th  
(No class 10/8 and 11/26)  
**Time:** 3:15—4:15pm  
**Location:** CC Room 006





## ADULT PROGRAMS

### TUESDAY EVENING YOGA

Join certified instructor **Keith Herndon** in this physically balancing workout of Yoga on Tuesday evenings at the Lexington Community Center. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should bring a yoga mat and water bottle.

### STRENGTH TRAINING (Seated and Floor)

This 55-minute class will help you build a stronger, more sculpted body; improve posture and balance and reduce the risk of osteoporosis. You will also learn proper weight-training techniques, which is key to success. The class begins with a brief warm-up, followed by strength training exercises for all the major muscle groups of the body, both standing and on a mat, and concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. The class is taught by nationally certified exercise instructor **Pearl Pressman** and is designed to accommodate participants of all fitness levels and abilities. Athletic shoes, a mat, and water are recommended.



### WEDNESDAY EVENING YOGA

**Keith Herndon**, certified yoga instructor, invites you to join in this physically balancing workout of Yoga on Wednesday evenings at the Lexington Community Center. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should bring a yoga mat and water bottle.



### MORNING BEGINNER BASIC BRIDGE INSTRUCTION

This 7-week morning course is designed to teach interested adults the **basics** of Bridge. Instructor **Maureen Bitler** will teach a new topic each week and be available throughout play to answer questions and provide input on your play during practice hands that follow the lesson.



### ZUMBA GOLD

Zumba Gold is a Latin-inspired dance-fitness party for active older adults, beginners, and anyone who is looking to dance and have a great time without jumping! Easy-to-follow and feel-good routines to international beats. Each routine starts out with basic steps and adds on to each step as the song progresses. This creates the opportunity to add more intensity or lower the intensity level based on each individual's fitness abilities & preferences. **Instructor Jessie Liu's** Zumba Gold classes focus on building strength, cardiovascular health, balance, coordination, and flexibility.

### YOGA FOR BACK PAIN

The focus of the class, instructed by **Shiv Mundkur**, will be mobilizing and stabilizing the joints, strengthening the posture and addressing muscular imbalances in order to reduce or eliminate chronic lower back pain. Dynamic and functional movements, static strength building postures, and various techniques for increasing flexibility will be taught. Mindfulness, deep breathing, and self-Myofascial (acupressure) release techniques will be emphasized.

CC = Community Center

**Fee:** \$100  
**Dates:** 10 Tuesdays,  
September 20th—December  
6th (No class 10/11 and 10/25)  
**Time:** 7:30—8:30pm  
**Location:** CC Room 006

**Fee:** \$70  
**Dates:** 6 Tuesdays and Thursdays  
**Session 1:** September 20th—  
October 27th  
**Session 2:** November 8th—December  
20th (No class 11/24)  
**Time:** 12:00—12:55pm  
**Location:** CC Room 006

**Fee:** \$100  
**Dates:** 10 Wednesdays,  
September 21st—December  
14th (No class 10/12,  
10/26, and 11/23)  
**Time:** 7:00—8:00pm  
**Location:** CC Room 006

**Fee:** \$112  
**Dates:** 7 Tuesdays,  
September 13th—November 1st  
(No class 9/20)  
**Time:** 9:30—11:30am  
**Location:** CC Room 242

**Fee:** \$65  
**Dates:** 6 Thursdays,  
September 8th—October 13th  
**Time:** 9:00—10:00am  
**Location:** CC Room 006

**Fee:** \$130  
**Dates:** 8 Fridays, September 23rd—  
November 18th (No class 11/11)  
**Time:** 6:00—7:30pm  
**Location:** CC Room 139



## ADULT PROGRAMS

### TUESDAY EVENING ZUMBA

Join instructor **Karl Weiland** in this evening dance/fitness class that takes the work out of working out! This cardio/body toning class is very easy to follow and no prior experience is needed. Whether you are just starting/getting back on your fitness journey, or are extremely fit; if you are on a weight loss program, or coming back from an injury, come join the party!

### KUNG FU FOR ADULTS



Put some kick into your exercise regime! Kung Fu is an ancient Chinese martial art and is great way to get in shape and learn self-defense. Kung Fu practice will increase focus, confidence and determination. This class will emphasize practicing fundamental stances, strikes, blocks, and kicks. The course is for all genders 18+. **Instructor Dr. Timothy LaVallee** is a professional educator and has 20 years of martial arts training and teaching experience in Kung Fu and Tai Chi.

### ADVANCED BRIDGE INSTRUCTION

This course is for players who already know the basics of bridge, and wish to become more confident and improve their results. **Instructor Kim Gilman** will alternate between a lesson-intensive week where students learn a bidding, play, or defensive technique and play some hands. The next week, students play more hands on the same theme for practice and review. Topics this fall will include Opening Leads, Jacoby 2NT and Splinter bids, plus Playing a No-trump



### MEMOIRS, ESSAYS, AND STORIES, OH MY!



Do you like to write and compose stories, memoirs and essays? Are you just getting started? If so, join us each month to listen to a short topic of interest, share your stories with other writers, provide and hear positive feedback from the group, and most of all, enjoy the company of other writers!

### DEFENSIVE TECHNIQUES FOR ADULTS

Offered by Combined Martial Arts, Inc. instructor **Cleveland Coats Jr.**, retired sergeant of State Police, executive protection specialist, and tactical operation instructor. Co-run by **Charles Crayton Jr.**, chief instructor and 6th degree black belt. Come away from this class learning basic self-defense techniques and situational awareness in the public environment.

### CRAFTERS CLUB



**Marita Hartshorn** is an experienced crafter who is bringing her expertise to the Community Center for adults and seniors to enjoy. We will explore various crafts using recycled materials, beads, polymer clay, felted wool etc. The purpose of the class is to have fun, explore using a variety of materials, challenge our creativity and meet other crafters. Marita is donating her time, creativity and energy! **There is an additional \$3.00 materials fee per class.**



**Fee:** \$120

**Dates:** 12 Tuesdays,  
September 20th—December 13th (No class 10/11)

**Times:** 6:30—7:30pm  
**Location:** CC Room 006

**Fee:** \$100

**Dates:** 8 Mondays,  
October 17th—December 5th

**Time:** 6:30-7:30pm  
**Location:** CC Room 242

**Fee:** \$160

**Ages:** 21+  
**Dates:** 8 Tuesdays, September 13th—December 6th  
(No class 9/20, 10/4, 11/8, 11/15, and 11/29)

**Time:** 1:30—3:30pm  
**Location:** CC Room 139

**Fee:** \$10

**Ages:** 18+  
**Dates:** 5 Tuesdays, October 4th, November 1st, December 6th, January 10th, and February 7th

**Time:** 4:00—6:00pm  
**Location:** CC Room 221

**Fee:** \$128

**Ages:** 18+  
**Dates:** 4 Wednesdays  
**Session 1:** Sept. 14th—Oct. 5th  
**Session 2:** Oct. 12th—Nov. 9th  
(No class 10/26)

**Time:** 6:30—8:00pm  
**Location:** CC Room 242

**Fee:** \$5 per week

**Dates:** 11 Wednesdays, September 28th—December 14th  
(No class 11/23)

**Time:** 10:00am—12:00pm  
**Location:** CC Room 232

## BALLROOM DANCE CLASSES — will begin in Winter 2017

CC = Community Center



# O.W.L.L. COURSES FOR OLDER, WISER, LIFELONG LEARNERS

Friends of the Council on Aging Program

## O.W.L.L. Fall Semester Courses 2016

Kick-off Reception September 14th at 3:00pm at the Lexington Community Center

FALL REGISTRATION BEGINS AT 3:00pm ON SEPTEMBER 14th, 2016

### Political Leadership in China: Yesterday and Tomorrow (4 Fridays starting November 4<sup>th</sup>, 9:00—10:30am)

Beginning with an introduction of the idea of "Mandate of Heaven," "Meritocracy," "Inner Court and Outer Court," and "Dynastic Change," we'll discuss changing sources of political legitimacy in China. Mainly, the course includes analysis of: political succession, political loyalty vs technical competency, the process of selecting and promoting leaders, and the effect of term and age limit. Finally, we'll conclude with a brief analysis of the profiles of China's new ruling elite. **Instructor: Dr. Shiping Zheng**

### Meet the Macbeths: Politics, Ambition, Murder and Guilt (6 Wednesdays starting October 5<sup>th</sup>, 10:00am—12:00pm)

Shakespeare's astonishingly well-crafted and gripping drama explores marriage and monarchy. It is an intense examination of hunger for power and the power of influence, shining a light into the desires of the human soul and the horrifying lengths to which some men and women will go to fulfill those desires. (Macbeth: Folger edition) **Instructor: Dr. Elizabeth Kenney**

### American Music Makers: Gershwin, Copland, and Bernstein (4 Thursdays starting September 29<sup>th</sup> and Tuesdays starting November 8<sup>th</sup>, 10:00am—12:00pm)

These composers were instrumental in creating a distinctly American musical style. Since there was no established American musical tradition, these artists had a clean slate on which to compose. Their challenging task was to make their art apparent to the American audience in ways not yet heard. In our four weeks together, we shall probe the life of each artist and examine elements in his music—aesthetic, political, and personal—that make it uniquely American. **Instructor: Dotty Burstein**

### Why We Read Mysteries: A Mysterious Literary Genre: (4 Thursdays starting October 27<sup>th</sup>, 10:00—11:30am)

We will look at how mysteries work—the detectives, the plots, and the settings. Ultimately, we'll consider why so many people love to read mysteries. We'll explore classic mysteries, Swedish noir, and comic mystery, among others. Finally, we will highlight the works of some favorite authors. **Instructors: Helen Cohen and Don Cohen**

### Five Microbes that Changed the World (5 Wednesdays starting October 5<sup>th</sup>, 2:00—3:30pm)

What makes microbiology different from other areas of biology and why is it so important? We will study this through history and science, using model microbes to learn how microorganisms have changed both the course of human history and our own lives as well, in positive and some negative ways. There is no prerequisite. **Instructor: Dr. Mary Allen**

### Poetry: A Comical-Anecdotal History of the Poetry of the English-Speaking World, Replete with Gossip, Parodies, and Scurrilous/Ridiculous Reviews! (4 Thursdays starting September 22<sup>nd</sup>, 12:00—2:00pm)

I'll be telling stories and reciting parodies, making jokes, retailing the juiciest gossip, and giving snippets of the most extreme reviews of poets and the poems they wrote in English from the time of Chaucer on. Along the way, I'll be giving a biographical and literary background to the material, reading and reciting some of the poems that were the butt of ridicule, or the object of either savage scorn or cloying praise, or were somehow involved in the stories. **Instructor: Tom Daley**

#### O.W.L.L. FALL 2016 REGISTRATION FORM (Please print clearly)

NAME \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone(s) \_\_\_\_\_ Email \_\_\_\_\_

I would like to register for the following course(s):

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

Please **submit registration form and fee of \$25/course (Lexington residents) or \$50/course (Lexington residents under 60 and non-residents)** to the **Lexington Community Center**. Financial aid is available for Lexington residents. For further information, **call the Community Center at 781-698-4870. Make Checks Payable to: TOWN OF LEXINGTON.**



## LIFETIME (60+) PROGRAMS

### DAOYIN MEDITATION & STRETCHING INTRODUCTORY LECTURE

**THURSDAY, September 8th**

**9:00—11:00am**

**Lexington Community Center, Room 242**

Lexington Seniors are invited to attend this **FREE** introductory lecture by Dr. Jing Liu, founder of Yuan Daoyin, to learn about Daoyin Taiji and the health benefits associated with the program. **Pre-registration is required!**

### DAOYIN MEDITATION & STRETCHING

Yuanji Daoyin is a mind-body practice characterized by the integration of meditation and stretching in motion to improve mental and physical well-being beyond strengthening or relaxing the muscles. The movements in Yuanji Daoyin follow orbits of spiral or coiling. "Yuan" in Chinese means circle or orbit. "Ji" means maximum stretching. Yuanji Daoyin is based on both the principles of Tai Chi and on medical science with the explicit purpose of overall health enhancement. It is particularly suited for improving circulation, balance, flexibility, and strength in seniors. **THIS PROGRAM IS FREE FOR LEXINGTON SENIORS.** The Daoyin Health Society has received a donation from the *Dana Home Foundation* to help fund this worthwhile program. **Pre-registration is required.**



### TUESDAY DANCE, FITNESS, AND STRENGTH

This class, a Tuesday version of FRIDAY FITNESS, involves a combination of cardio fitness and muscle conditioning. Participants will maintain or improve their cardiovascular health as they get their hearts pumping with dance-fitness and aerobic routines. With each new song, the instructor will lead you through a series of steps that are both simple and fun. Using free weights and body resistance exercises, the instructor will also guide you through a series of exercises to work all the major muscles. Modifications can be made for those who need support or balance or a seated workout experience. **Instructor: Renae Nichols**

### FOREVER FIT ~ A NEW WELLNESS PROGRAM FOR ADULTS 60+

**FUNDED BY A GENEROUS GRANT FROM THE DANA HOME FOUNDATION**

Please attend our information session on Monday, September 12th at 1:15pm in the Fitness Room at the Lexington Community Center, 39 Marrett Road. Learn more about this exciting program, taught by **Judy Whitney**, personal trainer with over 30 years experience in the fitness industry. "Forever Fit" will provide individual assessments followed by one on one and group training sessions on Monday, Wednesday, and Thursday afternoons. Whether your goal is to develop strength, improve balance, or increase flexibility, this program is available to assist you. Our approach is first to develop a rapport with you in an attempt to better understand what your individual needs are. Together, we will formulate realistic and attainable goals and work with you to reach these goals. **Pre-registration is required!**

**Fee: FREE**  
**Session 1:** Saturdays, September 10th—October 29th  
**Session 2:** Saturdays, November 5th—January 14th  
(No class 11/26, 12/24, & 12/31)  
**Time:** 9:15—10:15am  
**Location:** CC Room 006

**Fee: \$32/Session 1  
\$24/Session 2**  
**Session 1:** 8 Tuesdays, September 13th—November 1st  
**Session 2:** 6 Tuesdays, November 15th—December 20th  
**Time:** 1:05—2:00pm  
**Location:** CC Room 006

**Info. Session: FREE**  
**Date:** Monday, September 12th  
**Time:** 1:15pm  
**Program Fee: \$10**  
**New Students:** Mondays and Thursdays, September 12th—December 15th  
(No class 10/10 and 11/24)  
**Time:** 1:00—2:00pm  
**Returning Students:** (PICK 2 DAYS) Mondays, Wednesdays, or Thursdays September 19th—December 15th  
(No class 10/10, 10/12, and 11/24)  
**Time:** 2:00—3:00pm  
**Location:** CC Room 006





## LIFETIME (60+) PROGRAMS



### BEGINNER TAI CHI

Tai Chi is a 4,000 year old art of meditation and motion. It promotes physical, mental and emotional health by promoting movement relaxation and self-defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing and improves posture. **Instructor: Bill Barons**



**Fee:** \$36/session  
**Dates:** 8 Wednesdays  
**Session 1:** September 7th—November 2nd  
(No class 10/12)  
**Session 2:** November 9th—December 28th  
**Time:** 1:30—2:30pm  
**Location:** CC Room 242

### INTERMEDIATE TAI CHI

Continue your growth and advance from beginner to intermediate Tai Chi. It promotes physical, mental, and emotional health with engaging movement relaxation and self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing, and improves posture. **Instructor: Bill Barons**

**Fee:** \$36/session  
**Dates:** 8 Wednesdays  
**Session 1:** September 7th—November 2nd  
(No class 10/12)  
**Session 2:** November 9th—December 28th  
**Time:** 2:45—3:45pm  
**Location:** CC Room 242

### 60+ FITNESS

This class offers a total body fitness by offering exercises for flexibility, toning, balance, endurance, and stretching. There are movements to warm up muscle groups and to relax the mind and body. Free weights are used to promote upper and lower body strength. Resistance bands enhance flexibility training. About 10 minutes of this hour long class are spent doing cardio exercises to build endurance.

**Instructors: Amelia Hoffman & Maureen Gaines**



**Fee:** \$54/session  
**Dates:** 16 classes (Mon. & Wed.)  
**Session 1:** September 7th—  
November 2nd (No class 10/10)  
**Session 2:** November 7th—December 28th  
**Time:** 9:45—10:45am  
**Location:** CC Room 006

### GENTLE YOGA

These classes offer traditional yoga practices, including breathing exercises, movements and poses (postures), relaxation techniques, and meditation. This beginner level class is designed primarily for those over age 60, including individuals who may have some physical limitations or challenges. Careful attention is paid to warming up while sitting in chairs prior to standing and, eventually, sitting and lying on floor mats. Individuals are encouraged to move slowly and go at their own pace. Modifications to exercises are provided, as needed, to meet the unique needs of participants. Goals include increased flexibility, strength, circulation, relaxation, peace of mind, and overall wellness.



**Instructor: Lisa Groves**

**Fee:** \$54/session  
**Dates:** 10 Mondays, September 19th—  
November 28th (No class 10/10) **or**  
10 Fridays, September 23rd—  
December 9th (No class 11/11 & 11/25)  
**Times:** 2:45—3:50pm (Mondays)  
10:45—11:50am (Fridays)  
**Location:** CC Room 242

**REMEMBER TO GET YOUR COMMUNITY CENTER MEMBERSHIP ID CARD AT THE MAIN TRANSACTION COUNTER, AND TO SCAN IN EVERYDAY YOU COME TO THE CENTER!**



## LIFETIME (60+) PROGRAMS



### BEGINNER QUILTING

Have you always wanted to learn how to quilt? If so this class is for you! Begin a sampler quilt or work on smaller projects with other participants.

**Instructor:** Jane Norberg

### ADVANCED QUILTING

Explore advanced machine quilting techniques and design sampler type quilts using varied block shapes and sizes.

**Instructor:** Jane Norberg

ASK ME  
ABOUT  
QUILTING

**Fee:** \$68

**Dates:** 9 Thursdays, September 22nd–November 17th

**Time:** 1:00–3:30pm

**Location:** CC Room 230

**Fee:** \$68

**Dates:** 9 Thursdays, September 22nd–November 17th

**Time:** 9:00–11:30am

**Location:** CC Room 230

### MODERATE YOGA

The Moderate Yoga classes build upon the Gentle level, offering traditional yoga practices, breathing exercises, movements, poses (postures), relaxation techniques, and meditation. This class is designed for those over age 60 who are more experienced in the practice of Yoga, including individuals who may have some physical limitations or challenges. The newly added Monday class will be instructed without the use of chairs. The Friday class will still use chairs at times each week. **Instructor:** Lisa Groves

### FITNESS FRIDAYS

This class involves a combination of cardio fitness and muscle conditioning. Participants will maintain or improve their cardiovascular health as they get their hearts pumping with dance-fitness and aerobic routines. With each new song, the instructor will lead you through a series of steps that are both simple and fun. Using free weights and body resistance exercises, the instructor will also guide you through a series of exercises to work all the major muscles. Modifications can be made for those who need support or balance or a seated workout experience. **Instructor:** Renae Nichols

### LINE DANCING

This popular program teaches a variety of line dances to participants. The instructor demonstrates movements and the class carries out the dance moves to music.

**Instructor:** Sam O'Clare



### SEATED STRENGTH TRAINING

This seated class is designed to accommodate individuals of various fitness levels and can be adapted to meet the needs of any participant. The class begins with a thorough warm-up of joints and muscles and is followed by strength training exercises for all of the major muscle groups of the body using hand weights, resistance bands and body weight. The class concludes with stretching exercises to increase flexibility. **Instructor:** Pearl Pressman

**NOTE:** Session 1 will be participant led by volunteers. The \$ 1.00 per week fee helps defray the cost of the new weights purchased for senior classes.

**Fee:** \$54

**Dates:** **NEW** 10 Mondays, September 19th–November 28th (No class 10/10) **or** 10 Fridays, September 23rd–December 9th (No class 11/11, 11/25)

**Times:** 1:30–2:35pm (Mondays)

9:30–10:35am (Fridays)

**Location:** CC Room 242

**Fee:** \$36

**Dates:** 12 Fridays, September 16th–December 16th (No class 11/11 & 11/25)

**Time:** 10:05–11:00am

**Location:** CC Room 006

**Fee:** \$36

**Dates:** 12 Thursdays, September 15th–December 15th (No class 9/29 & 11/24)

**Time:** 1:00–2:00pm

**Location:** CC Room 006

**FEE (Session 1) :** \$8

**Session 1:** Tuesdays and Thursdays, September 6th–October 27th

**FEE (Session 2):** \$54

**Session 2:** Tuesdays and Thursdays, November 1st–December 27th (No class 11/24)

**Time:** 11:00am–12:00pm

**Location:** CC Room 006



## DROP-IN ACTIVITIES AT THE COMMUNITY CENTER

### STRETCH AND BEND

Ages 60+ are invited to come to the Lexington Community Center **weekdays** at 9:00am to join our 30-minute, volunteer-led exercise program, designed to loosen you up and get you ready for the day!

### DROP-IN BRIDGE

Meet your bridge-playing friends at the Center for a cup of coffee, followed by a few games of bridge on **Wednesday** afternoons from 1:00—3:00pm in the Mansion.

### BILLIARDS & TABLE TENNIS - Weekdays, 8:00am—8:45pm    Saturdays, 9:00am—4:45pm

Drop-in during our normal operating hours and meet old friends or make new friends during a fun game of ping pong or pool. The rooms are open to all and we gently ask that you limit your use of the tables if others are waiting to play. Check-in at the transaction counter to see if any leagues have time booked. **Senior Specific Programs run Mondays, Wednesdays, and Fridays, 1:00—3:00pm.**



### DROP-IN MAH JONGG

Do you like to play Mah Jongg? If so, come on down to the Community Center on **Mondays** from 11:00am—1:00pm and/or **Thursdays** from 2:00—4:00 pm in the Mansion.

### DROP-IN POKER

If you like to play poker but don't want the high stakes, then come over to the Community Center on **Thursday** afternoons from 12:00—2:00pm in the Mansion.

### CARDIO FITNESS ROOM - Weekdays, 8:00am—8:45pm    Saturdays, 9:00am—4:45pm

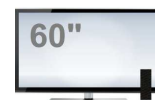
Do you like the smaller gym atmosphere, but still like the equipment that is at the big gyms? If yes, then come down to the Community Center fitness room where you can use treadmills, ellipticals, stationary bikes, spin bike, stair stepper, dumbbells ranging from 3lb-50lb, and a water rower. If you go down the hall to our smaller fitness room you can find kettlebells and a total body machine with instructions!



### GAMES ROOMS (ROOMS 107 AND 108) - Weekdays, 8:00am—8:45pm    Saturdays, 9:00am—4:45pm



Do you want to just come to the Community Center to hang out? Then come on by to the games rooms where we have air hockey tables, video game systems, a 60" TV, and board games for everyone to play all day. Come by with your friends, family, and neighbors and enjoy yourself.



### SENIOR BINGO

Come over to the Community Center with your friends and neighbors and enjoy many fun games of bingo with our brand new flashboard. Senior Bingo time is every **Friday** afternoon from 1:00—3:30pm in the Dining Room.



See what you can win...because who doesn't like a little extra cash for the weekend!

DROP-IN CORNHOLE Stop by the Community Center on **Tuesday** afternoons from 1:00—3:00pm and join friends for a rousing game of cornhole!



DROP-IN CANASTA Swing by the Mansion Area on **Tuesday** mornings from 10:00am—12:00pm for a game of canasta with your friends.



## PINE MEADOWS GOLF CLUB

**Pine Meadows Golf Club is owned by the Town of Lexington and managed by the New England Golf Corporation.**

Play on elevated tees, tree-lined fairways and the rolling greens of Lexington.

**NO METAL SPIKES ALLOWED.** Call the Pro Shop at (781) 862-5516 for schedules.

### Golf ID Cards for Lexington Residents

**\$10.00/person**

To better accommodate Lexington residents, tee times at Pine Meadows Golf Club may be made 14 days in advance prior to the general public with the purchase of a \$10.00 ID Card. Golf ID cards are sold at the Lexington Community Center only.

Pine Meadows Fee Schedule (9 holes)			Special Monday-Thursday before 3:00pm		
	<u>Residents</u>	<u>Non-Residents</u>		<u>Residents</u>	<u>Non-Residents</u>
Weekends	\$21.00	\$24.00	Seniors (62+)	\$16.00	\$18.00
Weekdays	\$19.00	\$22.00	Juniors (under 18)	\$16.00	\$18.00

### Player Discount Cards and Monday—Thursday Replay Program

Golfers are encouraged to contact Pine Meadows Golf Club at (781) 862-5516 for information, fees, and for Player "Loyalty" Discount Cards as well as the Monday—Thursday (11:00am—3:00pm) replay option for \$10.00.

### Family Golf

Are you looking for a fun evening of golf with your family? Bring your family (must have at least one adult and one child) and play 4 holes of golf. Check with the clubhouse staff to sign up on a first come, first-served basis. **\$11.00/person**

*Family Golf begins approximately 1 1/2 hours before dusk.*



## The 2016 Lexington Citizens' Academy starts in September!

Engage with Town departments, learn more about the services provided by your local government, and discover new opportunities for public involvement at the 8<sup>th</sup> annual Citizens' Academy. This free, ten-session program begins in mid-September and continues on weeknights at various Town facilities.

For more information or to register, please contact Claire Goodwin in the Town Manager's Office:  
cgoodwin@lexingtonma.gov or 781-698-4543.

2015 Citizens' Academy participants on their experience:

"Very impressed by staffs' dedication and passion for their job and service to the community."

"There's even more going on at the library than I realized."

"Gave me great awareness of services I never knew Lexington provided."

**Workshop: The Life of a Permit** – Tuesday, October 4<sup>th</sup> from 7:00—9:00pm at Estabrook Hall in Cary Hall, located at 1605 Massachusetts Avenue. Come learn when you need a permit, how you get one, and why you need it from the Town's Building Commissioner, Fred Lonardo. Refreshments will be provided. Feel free to attend and open to the public.

For more information or to register, please contact Claire Goodwin in the Town Manager's Office:  
cgoodwin@lexingtonma.gov or 781-698-4543.





## OTHER LEISURE PURSUITS

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### Teresa and Roberta Lee Fitness ~ Nature Path

The fitness and nature path is 1.35 plus miles and wanders through delightful natural areas as well as around the playing fields at Lincoln Park. There are fifteen (15) self-directed, accessible exercise stations for fitness and nature enthusiasts of all levels to enjoy. The Teresa and Roberta Lee Fitness ~ Nature Path can be accessed from either the entrance to Lincoln Park or from Worthen Road across from the Center Recreation Complex.

### Bicycling

Maps of Lexington bike paths are available at the Recreation and Community Programs Department office, Conservation office, and the Chamber of Commerce.

### Ball Field Permits

A limited number of ball fields are available for residents to use, field conditions permitting. **Permits are required for play on ALL fields.** Permits are issued at the Recreation and Community Programs Department office on a first-come, first-serve basis. Please contact the Recreation and Community Programs Department.

### ED2GO ~ Online Education Courses

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for six weeks and is comprised of 12 lessons. All materials are made available to you over the World Wide Web. All you need to get started is Internet access, an email address and a Web browser. Take a look at the online site: [www.ed2go.com/lexrec](http://www.ed2go.com/lexrec) to view courses.

### Pine Meadows Golf Club

This public course opens in mid-March, weather permitting. The club is owned by the Town of Lexington and managed by New England Golf Corporation. This par 35 course features elevated tees, tree-lined fairways and rolling greens. Call the Pro Shop at (781) 862-5516 for 2016 fees and tee time schedules. **Golf ID cards** (\$10.00) are available at the Recreation and Community Programs Department Office for Lexington Residents **ONLY**. A Golf ID card entitles the holder to reserve tee times up to 14 days in advance.

### Sing Along Chorus and Sing Along Singers: Integrated Choruses of Teens and Adults

Members of the choruses meet for weekly evening rehearsals, which include time for socializing and refreshment. Community outreach activities by the choruses have included performances at hospitals, nursing homes, and the annual SNAP fundraising concert. This year the choruses will meet and rehearse at the Lexington Community Center. The choruses are run by Special Needs Arts Programs (SNAP), Inc. For more information email: [info@SNAPsing.org](mailto:info@SNAPsing.org).

### SPARCL ~ Special Arts Classes

Special Art Classes for adults in painting, clay, crafts, and other multi-art media. This year, the Saturday classes will again take place at the Lexington Community Center. For more information email: [info@SNAPsing.org](mailto:info@SNAPsing.org).

### LABBB ~ Special Events

The Lexington Community Center will be collaborating with the LABBB program to offer a series of monthly special events on Thursday or Friday evenings from September to June. These dances and events begin at 6:00pm. For more information, check the Recreation and Community Programs website.



## RECREATION PARKS, PLAYGROUNDS, AND FIELDS

### **Adams Park**

**Location:** 739 Massachusetts Ave. (behind Waldorf School)

**Facilities:** Intermediate soccer field, 2 tennis courts, basketball court, play structure, swings.

### **Baskin Park**

**Location:** Wyman Road

**Facilities:** basketball court, open space, T-ball area.

### **Blossom Park**

**Location:** Blossom Street

**Facilities:** open space.

### **Bowman Park**

**Location:** 13 Watertown Street/Pleasant Street

**Facilities:** trails.

### **Bowman School Field**

**Location:** 9 Philip Road

**Facilities:** school playfield, Little League field, basketball court, open athletic field, play structure, swings.

### **Bridge School Fields**

**Location:** 55 Middleby Road

**Facilities:** school playfield, swings, net climbing structure, play structure, 2 softball fields, open space, trails.

### **Center Recreation Complex**

**Location:** Worthen Road

**Facilities:** 1 soccer field, 1 lighted softball field, track, 2 baseball fields (1 lighted), skate park, 2 lighted basketball courts, Little League field, 3 tennis practice boards, 10 tennis courts (4 lighted), outdoor pool complex (4 pools), tennis booth, bathroom facilities, swings, 2 play structures, football field.

### **Clarke Middle School Fields**

**Location:** off Brookside Avenue

**Facilities:** school playfield, regulation soccer field, softball field, baseball field, basketball court, 3 tennis courts, open athletic field, nature trail.

### **Diamond Middle School Fields**

**Location:** Sedge Road

**Facilities:** school playfield, softball field, baseball field, soccer fields.

### **Estabrook School Field**

**Location:** 117 Grove Street

**Facilities:** school playfield, 2 basketball hoops, softball field, intermediate soccer field, modular play equipment, swings.

### **Fiske School Fields**

**Location:** 55 Adams Street

**Facilities:** school playfield, 2 Little League fields, play equipment, swings.

### **Franklin Park**

**Location:** 5 Stedman Road

**Facilities:** softball/junior baseball field, intermediate size soccer field, play structure, swings, slide, trails.

### **Freemont Street**

**Location:** Freemont Street

**Facilities:** wooded area, trails.

### **Garfield Park**

**Location:** Garfield Street

**Facilities:** play structure, Little League field, trails, swings.

### **Harrington School Fields**

**Location:** 328 Lowell Street

**Facilities:** school playfield, softball field, Little League field, soccer field, basketball court, play equipment, swings.

### **Hastings School Field**

**Location:** 7 Crosby Road

**Facilities:** school playfield, play structure, swings, basketball court, Little League field, intermediate soccer field.

### **Justin Park**

**Location:** Justin Street

**Facilities:** play structure, swings, open space, trails.

### **Kinneens Park**

**Location:** Burlington Street

**Facilities:** play structure, swings, 1/4 basketball court, T-ball field.

### **Lexington Old Reservoir**

**Location:** Marrett Road

**Facilities:** swimming facility, bathhouse, picnic area, trails.

### **Lincoln Park**

**Location:** Lincoln Street

**Facilities:** 3 infill synthetic turf athletic fields, softball field, Little League field, fitness path, nature trails, bathroom facility, picnic area with grills and shelters, 2 play structures, spring riders, swings.

### **Marvin Park**

**Location:** Winter Street

**Facilities:** play structure, swings, basketball court, open space, trails.

### **Munroe Park**

**Location:** 1403 Massachusetts Avenue

**Facilities:** play structure, swings, sand digger, open field space, T-ball area.

### **Muzzey Field**

**Location:** next to 1475 Massachusetts Avenue

**Facilities:** intermediate soccer field, open space.

### **Oxford/Bow Street Park**

**Location:** Bow Street

**Facilities:** swing set, Minuteman Bikeway.

### **Parker School Land (Valley)**

**Location:** Valley Road

**Facilities:** 2 tennis courts, open space.

### **Pine Meadows Golf Club**

**Location:** 255 Cedar Street

**Facilities:** 9 hole public golf course, clubhouse.

### **Poplar Street Park**

**Location:** Poplar Street

**Facilities:** open space, trails.

### **Rindge Park**

**Location:** Rindge Avenue

**Facilities:** play structure, swings, basketball court, open space, T-ball fields.

### **Sutherland Park**

**Location:** Sutherland Road

**Facilities:** Little League field, basketball court, play structure, swings, trails, open field space.

### **Tower Park**

**Location:** Massachusetts Avenue

**Facilities:** open space, walkways, bikeway.

### **Valleyfield Park**

**Location:** Valleyfield Street

**Facilities:** open space, trails.

### **Willard's Woods**

**Location:** North Street

**Facilities:** wooded area, trails, orchard, open fields.

## Lexington Recreation and Community Programs Department Registration Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell # \_\_\_\_\_

Email Address (please print) \_\_\_\_\_

Grade \_\_\_\_\_  
D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ Fall 16 \_\_\_\_\_ School \_\_\_\_\_ T-shirt size \_\_\_\_\_

Emergency Contact Name & Phone \_\_\_\_\_

Special instructions and/or information that the instructor needs to be aware of (medical concerns, allergies, special needs, etc.): \_\_\_\_\_

I, \_\_\_\_\_ the participant, or I/We, the parent(s)/guardian(s) of \_\_\_\_\_ a minor, hereby consent to participation in the Town of Lexington Recreation and Community Programs Department, pictures to be taken of my/our child for advertisement and/or promotion of program and to his/her use of recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Recreation and Community Programs Department staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

Adult Participant or Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Print Adult Participant or Parent Name \_\_\_\_\_

Program Title	Date/Day/Session	Time	Fee
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

I would like to donate to the Recreation and Community Programs financial aid fund which allows children to participate in Recreation and Community Programs in the community.

Donation Amount \$ \_\_\_\_\_

TOTAL PAYMENT INCLUDED (program fees & donation): \$ \_\_\_\_\_

Type of Payment: VISA \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_

If paying by credit card: Card Account # \_\_\_\_\_ Exp Date \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

Make checks payable to the TOWN OF LEXINGTON and submit registration and payment to Lexington Recreation and Community Programs.

Mail: 1625 Massachusetts Avenue, Lexington, MA 02420

Drop-Off: 39 Marrett Road, Lexington MA, 02421

If registering for the Youth Basketball Clinic or League will you volunteer to be a coach? Yes \_\_\_\_\_ No \_\_\_\_\_

Volunteer Name: \_\_\_\_\_ Volunteer Email Address: \_\_\_\_\_

If registering for the Youth Thursday or Friday Nashoba Valley Ski and Snowboard Program, will you volunteer to be a chaperone? Yes: Thursday \_\_\_\_\_ Friday \_\_\_\_\_ No \_\_\_\_\_

Volunteer Name: \_\_\_\_\_ Volunteer Email Address: \_\_\_\_\_

Town of Lexington  
Recreation & Community Programs  
Lexington Community Center  
39 Marrett Road  
Lexington, MA 02421  
(781) 698-4870

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LEXINGTON, MA

## **THINGS TO LOOK FOR IN UPCOMING BROCHURES**

### **WINTER 2017**

(published in November 2016)

Pre-School, Youth, and Teen Programs

December and February School Vacation Week Programs

Adult Programs

Lifetime (60+) Programs and Spring O.W.L.L. Courses

Youth and Family Fun Nights at the Community Center

